

**A GLANCE  
INTO  
ALTERNATIVE MEDICINE**



**Dr. (Sr.) IRENE CHIRAMEL**

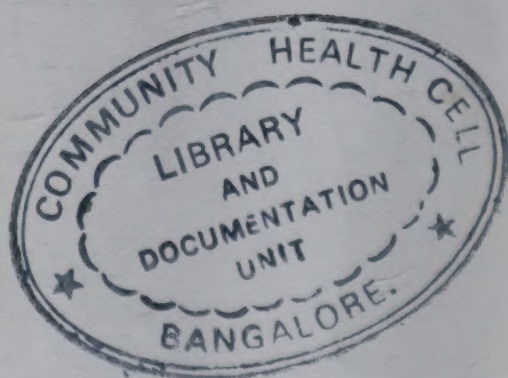




# A GLANCE INTO ALTERNATIVE MEDICINE



(for private circulation only)



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## INTRODUCTION

This book deals with the alternative system of medicine which was existing in our country ages past and being forgotten in the middle century. Now this systems have awakened men all over the world. At present many people have started to stop allopathy treatment due to the ~~senes~~side (harmful) effects and have turned to alternatives. Alternatives like Ayurveda, Naturopathy, Sidha, are born of India and were being forced to be forgotten by the western influence in India. Now we have found the lost coins and so let us all rejoice and be happy about our rich resources in our beloved country. My grandfather was an Ayurvedic doctor and ~~we~~ call them (Vydar). In my younger days at home my mother used to make diff Churnams, Kazhayam for each sickness which she inherited from my grandfather but had no appreciation. It would be interesting to relate how. I was drawn to words alternative system of medicine. I finished my R. N. R. M. in 1976 and was working in hospital. I fell so ill and this lead me to partial paralysis. The specialists advised an operation at the Medulla which they had diagnosed as a tumour but were afraid that I may loose the activities of the other side also. I refused operation and turned to Ayurvedic system of medicine which relieved me from the malady and presently. I am able to write these lines with my right hand. I therefore decided to study alternative system of medicine and devote myself to the promotion of it. It took me 3 years



of study to do the alternative system of which medicine includes, Naturopathy, Herbal, Accupressure, Homeo, Yoga and Holistic Health.

These systems will never harm any patients in any way, but definitely result in curing him. Allopathy system is very costly and common man cannot afford to have it very easily. These systems of treatment are very cheap and the patient can apply most of the treatment by oneself. This system is capable of solving the present world health problems and give health to all. I wish that these treasures of medical treatment will be with in the reach of every man especially the poor of the remote villages where most of these resources are hidden. I request all who love health, religious and charitable trustees and the government to give serious thought to the alternative system of medicine and propagate to all mankind. This book is based on my study and research on alternative system of medicine. My greatefull thanks to my provincial and all my friends who encouraged me with their appreciation and backing. A very special thanks to Rev. Fr. Paul Kozhipatt C. M. I. Who stirred the inspiration of this Book and has shouldered the sponership of this book with my dear and benevolant Daddy.

**Author**

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# **NATUROPATHY**

## **CHAPTER - I**

### **Introduction**

The great love of God is manifested in the free and abundant gifts in Nature. These provide everything that is needed to live a healthy life in mind and body. Health is our heritage and right. It is the complete and full union between soul, mind and body. All earthly things are but the interpretation of things spiritual. The smallest and most insignificant occurrence has a Divine purpose behind it.

It is pity to see modern man going after novelties. He looks for the newest and expensive tablets for instant cure. As medical science advances, many powerful, instant cure medicines have come out. These medicines work wonders, but this kind of instant cure is often like trying to quieten a crying baby by frightening him. Fear may stop him crying for some time, but the actual need is not taken care of.

## **NATUROPATHY**

It is a system of medicine which looks at the whole person; body, mind and spirit; in the context of the natural environment and in relationship with it. It uses what is naturally available, with the minimum amount of necessary modification, to promote good health, build up stamina; and body resistance and thus prevent disease. In case of illness, it does not limit itself to symptomatic relief but identifies and treat the root cause. Naturopathy is to be considered as a way of life than a mere system of medicine. Naturopathy makes the best use of fine elements found in nature, to maintain health. The fine elements are, Water, Earth, Air, Fire and Ether.

**Water:-** In this section we consider the importance of water in the various body system. This system of medicine is known as hydrotherapy. Water plays an important part



in blood circulation, breathing, purification and maintaining the normal body temperature. The daily input required is around 4 litres

**Earth:-** This includes all produce of the earth—the food obtained directly from the earth. i. e. cereals, vegetables, fruits, seeds, or animal protein, medicinal herbs, spices, minerals and sprouts.

**Air:-** This element is involved in breathing and is therefore closely connected with respiratory system. The beneficial effects of proper breathing is considered. In this connection daily breathing exercise is advised. Every day Yoga cures many diseases. There are Yogic cure for each disease.

**Fire:-** This element is involved in the metabolic processes, anabolism, catabolism are both connected with fire/energy element. An excess of this element in the body must be relaxed of the excess heat.

**Eather:-** Here we deal with our cosmological identification. i.e. the influence which sun, moon, and planets have on us, as well as the effect of the various seasons, climate; especially the transition periods. The other is filled with electromagnetic waves, which act on the circulatory and nervous system. This affects our emotions:-

The positive emotions:- Love, friendship and security.

The negative emotions:- Anger, worry grief and insecurity.

In and through all these elements the power of God is at work in body, mind and spirit. The most vital aspect in nature healing is interior peace, serenity, which comes only from God. So regular meditation i. e. Dyana is necessary. The four vedas speaks about these elements.

**Hydrotherapy:-** The ideal intake of water is 4 litres a day. Fluid such as tea and coffee can also be taken, but these require a certain amount of digestion and so a considerable amount of plain water should also be taken. Plain water (1—2 glasses) should be taken, on rising, at



9 A. M. half an hour before lunch, at 2 P. M., at 4 30 P. M. and at bed time. water should not be taken when there is retention and third degree burns. The body has in built mechanisms to compensate for variations in water intake.

### **Food:-The earth element**

Food is produced from the earth, according to the season. Each season gives its own products and these are related to the needs of the body at that particular time. So it is good to eat the foods available at the Particular season. For example many watery fruits are available in summer-water melon, cucumbers, mangoes. Mangoes act as a purge and they prepare the system for the following season. Certain vegetables and fruits are available through the year Ex- potatoes, coconuts, and naturally dry fruits such as date and raisins, preserved food in chemical preservations are not advisable. If we want to preserve foods then natural preservatives should be used. The natural preservatives are honey, salt, jaggery, certain spices, mustard, asafoetida Drying in the sun is another good way to preserve food stuffs. In this way the food value is preserved and the body system is not harmed.

**Fruits:-** Should be eaten raw cooking destroys much of their food values.

**Vegetables:-** Are best eaten raw when possible. Onions, carrots cucumber, salads. Others need to be cooked, in such cases the minimum water should be used.

**Cereals:-** Eating mixed cereals is healthy, Starchy food should be eaten with bitter vegetables.

**Various tastes of food:-** Food stuffs have the following tastes, sweet, sour, salty, bitter, pungent, astringent. Each of these tastes has a diff effect on the body and all these should be combined in a balanced diet.

**Sweet taste:-** Promotes growth and development of all tissues and gives a soothing action on the body, sense,

and motor organs and mind. This group includes, cereals starchy foods and sugary foods.

**Sour taste:-** Stimulates secretion of saliva and other digestive juices. Most of the sour substances, though cold to touch, gives hot action on the body. Good for the heart. This group includes fermented food stuffs, and those containing yeast.

**Salty food:-** Makes food tasty, salt in excess is bad for reproductive organs. Intake of salt should be reduced in cases of high blood pressure and fluid retention.

**Bitter taste:-** This increases digestive power and exerts a cleansing action on the mouth. This group includes salads and some vegetables.

**Pungent taste:-** stimulates secretion of digestive juices, it exerts stimulant effect; On tissues and organs. On excess, it is irritant. This group includes pepper and spices.

**Astringent taste:-** This has an action on gastro intestinal tract and skin. It is good for building up the mucous membranes. Excess of this produce obstruction of various body channels. This group includes unripe fruit, arecknut.

**Children:-** At first they are given sweet taste-bitter and astringent food are added later.

**Women:-** They need sweet, bitter and astringent foods; these are necessary for the hormones, pungent foods are useful for Eethargic and dull persons and for constipation. Sour foods are given occasionally esp in summer. Salt is necessary through-out, except for people suffering from high blood pressure and kidney trouble. Fasting once a week is recommended, as it is good for the body. It cleanses all the systems in the body. Persons under forty years of age should fast once a month. Over 40 once a week.

**Air element:-** Good breathing helps the respiratory system and this directly helps the circulation system and indirectly the nervous system. Proper intake of oxygen is



necessary for the purification of blood. Proper breathing-releases tension and headache improves circulation in the neck region

- benefits E.N.T. region esp sinusitis.
- beneficial for chronic asthma and strengthens lungs.
- helps the bowel movements.
- strengthens spine.
- avoids neuritis.
- relieves cramps, sciatica.
- Balances chest muscles and back muscles good breathing and proper intake of water is necessary for good health.

**Massage:-** Massage is used therapeutically.

- to maintain and promote health;
- diagnostically to the system,

when the blood supply to a particular area of the body is insufficient, the first symptom is pain and the area become blue or ischaemic. If this continues, then numbness sets in; This will be followed by fibrosis and deadening of the tissue, massage helps the blood to flow into all the tissues, This may 1st result in an increase of pain. Then the pain will subside and a great improvement will be seen. When massage is applied therapeutically, hot formation will follow. Massage involves body contact through touch. In this way the emotions of the massager his/her concern and good will are passed to the patient. The patient responds by a growing confidence and trust, as a result of the faith engendered in him. So involvement increases, security and an exchange of confidence and love ensues. This relationship is helpful for those who are suffering from emotional disorders and suffer from psychosomatic diseases. The one who massge must be serene, at peace, otherwise real contact will be missing.

**Cupping:-** This is a method used to treat catch, and pain in the muscles. It is applied over the affected areas where nodes occur in the muscles due to excessive physical or mental exertion or anxiety. It can be given if necessary at 2 day intervals. A light massage is good to be applied after cupping. In cases of acute pain caused by pushing or weight lifting, one application is necessary. The aluminium cups or geasses in semi circular shape is applied for 1—3 hours when removed a little oil or talcum powder is applied over the area which may be quite sore. No need to have a diagnosis for a over all massage. This strengthens the limbs and body as a whole.

1. Fracture
2. Open wounds
3. Dislocation and inflammation
4. Cancer
5. Acture Blood pressure
6. Pyrexia
7. Gout
8. Tumours
9. Tuberulasis

### **Neck Massage:-**

1. Application of oil to neck and shoulders.
2. Circulatory movement upwards from shoulders to front neck up to ears and back down to shoulders, fingertip pressure is applied.
3. Traction movement and pressure with plam to neck.
4. Thumb pressure along shoulder blades rotating pressure at colar.
5. Stimulating buir zones by applying thumb pressure to cervicals.
- 6 Rotating tinger tips at the lung zones.



7. Thumb or finger tips rotation movement on the cervical spine.
8. lateral traction movement, hold the head tilted and turn to one side.

**Indication for neck Massage:-**

1. To regulate circulation i. e. for low blood pressure, high blood pressure.
2. For ailments of ear, nose, and throat.
3. For Headache, migraine, sinusitis localised headache.
4. Cervical spondylosis, incorrect posture, These conditions are cured by regular massage. Massage gives relieve from pain shoulder and arm Massage.
1. Application of oil from shoulder to wrist.
2. Up and down stroke movements on upper and under surface, exerting pressure with thumb and finger tips
3. Milking movement from elbow downwards, from elbow and wrist manipulations;
4. Rotation for shoulder, flexion and extension for elbow and wrist.
5. Hold arm by cupping fingers, fast rub movement, holding arm at 90° to body.

**Indication for arm massage:-**

1. Heaviness of arms, tingling sensation, nerve pain, numbness (all these are often due to cervical spondylosis).
2. Periarthritis (stiff shoulder joint).
3. Ordinary sprains.
4. Paralysis.
5. Only in paralysis all the movements are given.

### **Back Massage:-**

1. Application of oil with circular movements for neck to Buttocks.
2. Figure eight movement from neck to seiatic zone.
3. Thumb pressure along the 1st bladder meridian.
4. Kneading movement, with palm and finger tips all over.
5. Repeat figure eight movement and finish the massage.

### **Indication for Back Massage**

1. General debility.
2. Prolapsed.
3. Spondylosis, spondylitis.
4. Rheumatoid Arthritis.
5. Lumbago, seiatica.

Treatment to be carried out for 2to 3 weeks at a stutch. If the patient complaints of burning sensation that indicates that the stimulation is excessive.

For nervous problem, minimum 1 week treatment is required. For general Massage—The oil used may be:- Constituents:- Castor oil 16 Kg.

500Pan leaves and an equvilant of curry leaves, drum-stick leaves and neem leaves. Grind all the leaves and add to the oil heat to boiling keep heating for 4 hours, stirring continuously until all water as evaporated strain while hot, store and use as required.



## CHAPTER II

# INDIGENOUS MEDICINE OR HERBAL MEDICINE

This is a way of treatment in which indigenous substances are made use of. That is those that are easily available there and then, and in the locality, spices are used largely because they are universally available and are commonly found in the house. They are easy to preserve if kept in a dry place. Herbs and plants are also utilised. Preparations for internal use can be made in the following forms:-

Liquid form —Kazhayam, Arishtam

Powder form — Churnam

Semisolid ~~D~~ D— Leghiam

Solid form — Kuliga.

**Kazhayam:-** This is prepared by placing all the ingredients in water and boiling over a slow fire, then filtering. The filtering is then used, This can be kept for seven days. This should be warmed up before administration. The potency is increased by concentrating the solution.

**Arishtam:-** This is fermented Kazhayam, Yeast and Jaggery is added to this. This is allowed to ferment. This preparation contains alcohol. This is preservative.

**Churnam:-** Is prepared by powdering the ingredients. Herbs are dried well before powdering. This can be administered in powder form or add honey or Jaggery, which will aid absorption and improve taste.

**Leghiam:-** Is a paste form made out of necessary powders with addition to honey or Jaggery which act as preservatives. Ghee can be added for nutritional value or to soften the end product.

**Kuliga:-** is prepared from powdered herbs or ingredients. This paste is then rolled out and dried. The juice used are pan leaves, thulasi leaves, ginger or touch me not, lime juice. The potency of pills is in the mode of powdering. The finer the powder, the quicker the absorption and also the effect of the medication.

All these preparation except Kazhayam, can be kept indefinitely, as long as they are kept dry. Some powders, esp kaskas, need to be placed weekly in the sun, to avoid the growth of pests

### **For Bile and morning sickness:-**

**Constituents:-** Cumin seeds, lime.

**Method:-** Soak cumin seeds in lime juice. When the juice is absorbed (in about 2 hrs.) spread out the seeds and allow it to dry it over night; repeat this process in fresh lime juice after which take it and dry well before making it into powder. This is an optical nerve tonic. This can be used for burning palms and feet, migraine etc.

**For Migraine:-** — Dosage:- 1tsp. at night with water for 6 months.

**Constituents:-**

1. Thazham Poovu.
2. Giggily oil.

**Method:-** Sook the Thazham Poovu in giggily oil and keep it in the sun for 3 weeks. Strain the oil and keep it in a bottle store it in a cool place. Apply one drop in both eyes. To stop the burning sensation apply rose flower water.

### **1. For conjenctivities**

**Constituents:-**

1. Rasign Powder
2. Distilled water

**Method—**Dilute the rasign powder in distilled water, apply one drop into both affected eyes.

**2. Constituents:**

1. Amala (Nellikay) leaves
2. Distilled water.



Method—Boil the leaves in the water cool it and wash the eye in this water and apply the same 3 times in a day.

3. Constituents:- 1. Daniya (Kothamalli)  
2. Water

Method—Boil 2 Daniya in one glass of water cool it. Wash the eye and apply the same.

4. Constituents: 1. Thulasi (Holy Basil) leaves.

Method—Boil thulasi leaves in water cool it and apply in the eye. One drop 3 times a day.

5. Constituents:- 1. Mercurochrome solution  
2. Distilled water.

Method—5 Drops to 10ml of distilled water and apply it often.

6. Constituents: 1. Mothers milk  
2. Nambiar vattam flower.

Add Nambiar vattam flower juice to mother's milk and apply for the eye at least 2 to 3 times a day.

#### **For burning eye:-**

- Constituents:- 1. Rain water  
2. Rose Petals.

Method—Sook rose petals in rain water for 15days to one month; Boil it and strain it and cool it, apply this to the eye 3 times a day.

#### **For Burning feet:-**

1. Apply Marathany leaves paste at the foot.
2. Hydrotherapy.
3. Leghiam:-

Constituents:- 1. Jaggery, 2. Coconut, 3. Ginggily seed.

Method—Take a good big size coconut. Remove the water and dry it. Fill it with ginggily seeds cover the eye of

the coconut with quick lime. Burn it in the low fire. Remove the outer skin of the coconut. Add Jaggery and mix it with all the rest of the coconut and make small balls in the size of guessberry. Take one guessberry size measure every day for one mandalam continue for 3 mandalas.

### **Diarrhoea, Cholera, Dysentry.**

#### **1. For watery diarrhoea.**

Constituents:- 1. Charcoal  
2. Vethiyam

Method—Fry vethiyam to golden brown Powder the charcoal. Mix both powders and take 1tsp. in honey 3 times a day

#### **2. Constieunts:- 1. Mathala (Pomaganette) tender leaves. 2. Butter milk.**

Method—Take some tender leaves of pomaganette, grind it meely. One guessberry measurement to take and mix it with butter milk and give it inside. 3 doses per day, it is better to take the 1st dose in empty stomach. Black tea with lime juice and honey or jaggery- 1 cupe very 3hrs.

3. Take sugar cane juice in a bottle. Burry it in the earth or with in the dried leaves for 3 months to one year. Remove the content and strain it. Take one teaspoon full for 3 times a day This can be given to small children also but in lesser quantity (3 to 5 drops per day.)

#### **4. Constieunts:- 1. Maggi Kayai-3 2. Pepper - 100 3. Karpuram - 1 piece 4. Pramp (Lovagam poovu) 1 gram 5. Rum- 500 ml. 6. Saltone teaspoon full.**

Method—Powder the maggi kayai and pepper and lovagam soak it in rum and add salt to it. Kept for 7 days shaking the mixture twice per day. This is a powerful medicine for cholera and vomitting



5. Constieunts : 1. Kaskasa  
2. Rice

Method—Fry Kaskasa and raw rice in a pan on low fire. pour water as it is being fried. Drink that water.

6. Constieunts : 1. Pomagranette skin  
2. Vethiyam

Method — Dry pomagranette skin and power it, mix the powders well.  $\frac{1}{4}$  tsp. of the powder in honey twice a day.

7. Constieunts 1. Kadukai  
2. Jeeragam

Method—Remove the immer seed of the Kadukayai mash it if raw or dried. Boil Kadukayai and Jeeragam and drink that water (Kazhayam) 3times a day measurement 1tsp.

3 times. For children:- Kadukai powder in honey.

Measurement—2 pinches of Kadukai powder 2times a day

8. To eat green guans or to take Kazhayam of guana leaves

1. For Burning stomach:- Take one glass of 2nd rice washed water and put it in a mud pot in the night. It wil become  $\frac{1}{2}$  glass of water after absorption by mud. Take it in empty stomach early morning each day.

2. Take little venthiyam and swallow in empty stomach and drink little old rice water with salt.

3. Take Butter milk with salt in empty stomach.

4. Take Venthiyam and fry it on low fire. Dry pulichikeerai leaves and powder it mix the powders well. Take one the teaspoon of powder and mix 1 tsp. of honey add one glass water and take it every day.

5. To take yellow of the egg (Yoke) in empty stomach.

**Ear ache:**-1. Take the leaves of sothu kothazhai and show jt in the fire. Take the juice and apply it in the ear.

2. Take, pepper, dry chillies, garlic, and gingily oil 500ml. Boil the oil and add all these keep it on a low fire owan for some time strain it and use it.

3. ~~Do 2 or~~ Entropa drops.

4. Thulasi juice boil and cool it and apply in the ear.

### **Urinary infection Or Bladder stoner**

#### **For kidney**

1. "Touch me not" plant to be taken whole wash it and crush it. prepare a Kazhayam adding cummin seeds. Add juice of one lime and one pinch of salt. Take it twice a day.
2. 10-15 guava leaves with Cummin seeds as Kazhayam.
3. White raddish juice sugar or Jaggery.
4. Avaram poovu powder 1 tsp. in honey; twice a day.
5. Take the inner stem of Bannana; crush it and take  $\frac{1}{2}$  glass of juice a day.
6. Take one big spoon of the juice of small anion and juice of  $\frac{1}{2}$  lime and add honey: Mix it with one glass of water and drink it every day. This is "citralka" mixture.
7. Barley water 1 glass twice a day in severe cases, or one glass per day.
8. Take Neringal plant. (a plant which has small thorns) as whole wash it and add 2 glasses of water. Boil it well. Take out the Kazhayam as one glass and drink it every day

**Respiratory system;-** To keep this system healthy it is advisable to drink large amounts of water and to do breathing excercises regularly. These are of four types.

1. Chest breathing (by forceful expansion of chest rib eage)
2. Solar plexus expansion.
3. Abdomen contraction.
4. Lower abdomen.



The organs connected with respiratory system, apart from trachea bronchi and lung are the ear, nose, throat and skin.

**Common cold:-** At the early stage there is irritation of throat, followed by headache and then the involvement of upper respiratory tract.

—At first indication of cold,—saline gargle or eat raw garlic pod.

—One tsp. of small onion juice with one tsp. of honey.

—Eucalyptus leaves—4

—Pepper —4

—Ginger —1 small piece

—Dhaniya —Handfull

—Thulasi leaves —20

—Jaggery —100 gm.

Crush these and Boil it make Kazhayam 1 glass twice a day

—Neem leaves, Lime leaves with Kaliyana Muringa leaves. Make a Kazhayam out of these leaves  $\frac{1}{2}$  glass twice a day.

—Jeeragam, Daniya, Garlic.

—Thulasi leaves 5 wash the leaves and eat them in empty stomach early in the morning.

—Take half a kilo of spinach, 250 Grams of turmps along with their leaves. 250 grams of tomatoes, 75 grams of coriander leaves, 25 grams of ginger. cut them into small pieces and boil it in half litre of water. Cover the lid with water so that the water does not evaporate. Add little salt, lime juice and roasted ground cuminsed. Take this one tumbler full every 3 hrs. This will help as good laxative and sweat producing agent.

—Take Neem leaves and Eucalyptus 5 leaves each, add 1 tsp. of Jeeragam 10 pepper and make a Kazhayam out of these. Take it twice a day.

—Kadukai Leghiam.

Kadukai powder, Jaggery, or honey  $\frac{1}{4}$  tsp of Kadukai powder in Jaggery or honey twice a day.

~~CRAB~~ Soup—Take this ~~soup~~ which is in the paddy field and make soup out of it. Take the soup. Continuously for 3 days in empty stomach.

—Take 12 grams of neem leaves and six grams of black pepper pestle both in a mortar with a rod of neem branch. Then prepare pills of 2 grains each. Dry them in the shade —

Mode of administration:- 3 to 4 pills every morning and evening in luke warm water.

—Eating raw small onion every morning and inhalation with onion juice.

### **Bronchitis with Asthma:-**

Cut 1 Kg. of Onion into fine slices which can be done by means of a Kaddupash. Put it in an earthen vessel Add 2 kg. of pure Cvinigar. Close the mouth of the vessel tightly by cloth cum mud plaster. Now keep this vessal burried in a heap of rubbish for 40 days. Afterwards take it out and strain contents through a clean piece of cloth. Now add double the quantity of sugar to it and place it over slow fire when it becomes thick like a paste, remove it from the fire and keep it safe in a glass jar. Take ten grams dose every morning for one month.

2. 1tsp. of Brandy or Rum with  $\frac{1}{2}$  glass of hot milk every day at night. This is for adults only.

3. As soon as the asthma attack starts—Take 3 black peppers, 1 clove; the seeds of 1 cardamon and a pinch of salt or methol. Wrap these in nocchi leaves and chew. This will give instant relief.

4. **Whooping cough:-** Use the juice of eats, struggle, obtained by crushing the whole plant. Prepare a mixture in the following proportions, 1tsp. juice, 1tsp. honey and 2pinches of ash of burnt sweet flag. Mix together well 10 plants give about 15 top of juice.



Treatment:- Give 2 tsps. of this syrup every 3 hours for 3 days, then continue as desired to the patients condition.

This is good even in pleurasy and Pheumania.

5. Take campher and powder it. Put it in coconut oil heat it. Apply this oil on Beettle leaves and apply it to the chest and back of small children who suffer from Bronchitis esp when it is difficult to breath for them through their nosbils.

6. Burry onion in smouldering ashes. Take it out after some time and prepare its juice by crushing it. Then it should be given to the patient preceded by 4 grains of Borax.

### Prevention of child diseases:

To prevent childhood illnesses and Improve the health of the baby take the folowing:—

1nutmeg, 1magic nut, 1Piece of roasted sweet flag; one piece of galangal, some garlic and asafoctida; gold coin (Optional) Every morning grind a little of each on a stone with some water or mother's milk; make a paste and give the baby regularly upto 9 months or 1 year.

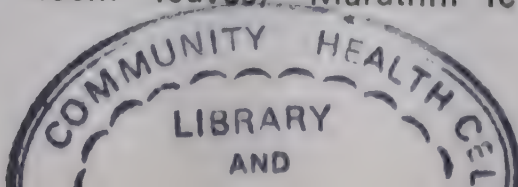
Skin conditions:- Alwa sulpher is indicated in this condition:-

The following is the method:-

Children— 1 pinch; adultus, 2 pinches ~~severe cases,~~  
severe cases- 3 pinches.

Take some coconut oil heat it up and break an egg into it. smear the alwa sulpher salt on the egg and turn it over. Fry until cooked but still soft. Cut the egg into pieces and give the patient to swallow (without chewing because it blackens the teeth) give the medicine in the morning in empty stomach. The left over oil is applied over the affected area after washing it with potassium permagnate solution. Do not repeat the medication more than once. The oil can be applied.

1. Scabies:- Neem leaves, Marathni leaves and safron



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powder (very little) leaves the same measure each. Make a paste each and apply on the affected area.

Diet:- Drumsticks, green gram, ponamgannikeerai fish (not-dry fish) to be added to the diet.

2. Make a paste of Bishop's candle leaves and apply to the affected part twice a day.

3. Marathani leaves + onion to be boiled after crushing. Apply this oil after thorough washing.

### **For all chest infection in children.**

Normal lungs can handle the uptake of oxygen and excretion of carbon dioxide by the body under all conditions of rest and effort. When the lungs are diseased, there is not much oxygen available for the purification of blood. So the blood is not oxygenated well. The lungs becomes weak by the change of environment and season. Honey combats with the nature and physiology of lungs. It is a good tonic for lungs. It is very good for irritation of throat and cold. Honey acts as a soothing agent. It loosens the tenacious expectorations sticking to the lungs and helps their elimination. It is a good remedy for all kinds of cough with or without expectoration.

**For infants:-** Infants are more prone to chest infections. They do not have any immunity against the virulent strains of Bacteria and the power of resistance is very less.

**Receipt:-** Take red coloured crabs' claw 10 grms.

2) decorticated liquorice root 3gms. 3) seedless rasins 11. Grind them and make a sauce like thing by adding honey to it.

**Dose:-** 500mg. to 1gm. If the child is depending upon mother's milk, the medicine should be given in mother's milk.

### **2. A Rouch Sause:-**

Take Hyocymns reticularis, saffron, cinnamon bark.



pepper root mastich 6 gms. each. Black pepper and clove 3gms each and one Nutmeg fruit. Grind all the medicines well to fine powder and mix it with 500gms. of honey.  
Dose-3 gms. twice daily.

Indication:- Common cold, coryza, Bronchitis and cough due to seasonal variations etc. It can be used safely without any side effects.

### **Asthma Cure syrup:**

Take Big onions 250 gms. fennel seeds, 25 gms. seedless raisins 40 in number, fig fruit 85 gms. peel the onions and cut into fine pieces. Put onion in water along with other medicines and kept it aside over night. Boil in the morning for a sufficient period of time so that the medicines get completely mixed. Filter this with a piece of cloth. Add 500gms of honey and heat it till the whole water evaporates and only honey is left.

**Dose**—lick 45 gms. of this syrup every day.

side effects:- Nausea and vomiting but continue taking the medicine.

Therapeutic effects:- It is a miraculous for asthma. It relieves muscular spasm and thins out the mucous. If taken regularly will cure asthma completely.

### **Seborrhoea OR Accinae OR Seabies:**

1. Apply the paste of Thenai (grain)
2. Apply the paste form of pasalai keerai.
3. Take green gram, Thenai, Black gram apply this paste twice a day.
4. Apply honey.
5. Powder the bork of a neem tree which is one hundred years old and store it safely in a Tin container. Soak 3grams of the powder in 250 ML of water and administer it the next morning after filtering it through a piece of cloth

and add little pure honey into it' This is very efficacious for patients suffering from ring worm, eczema, scabies and syphilis.

6. Take 50 grams of neem oil and place it on the fire in a basin. When it begins to boil, add 6grams of powdered borax to it gradually. Afterwards add dried and crushed Valankaye (Velamara kaya) Add 20 grms of powdered campher and slow the fire. Transfer the content into a glass container. This is very good. This should be applied morning and evening.

7. Rub neem leaves in curd to make a fine paste and apply it on the affected part.

8. Massage neem oil on the whole body throughly and sit in the sun for 2hours. Afterwards take a bath with warm water using neem soap.

9. Take neem bark, flowers Mundri Booti, green turmeric and Jaggery all in equal parts. Pound them into a coarse powder and put it in an earthen pot, with ten times as much water. The pot should be burried in horses dung for 16 days after closing it's mouth with a mud and cloth plaster where after the liquid should be distilled and packed in bottles.

**Dose-** 70 grams of this medicine should be given to the patient every morning an hour after meals.

**Uses:-** Eliminates Leucoderma patches. This is effective in leprosy also. The use of milk, curd and salt should be avoided.

10. Take Bishop's candle trees' leaves and remove the veins and add little saffron and make a fine paste out of it, apply it in the night and morning after washing the affected part in warm water.

**Fewers of any type:**

10 grms of bark in 500 ml. of water.

1. Take the bark of Neem tree crush it and boil it in one



glass of water. Make it into  $\frac{1}{2}$  glass of Kazhayam. i. e. 50ml.

**Dose:-** To take it morning and evening.

2. 10 Flowers of white Thumbai+ 10 leaves of Thulasi; 5leaves of Kalyani Murugai crush all these and boil it in one glass of water. Boil it for sufficient time and drink the decoction twice day.

3. Mix 5 to 10 drops of Neem oil in milk or in hot water and drink it twice a day.

4. Leaves of horse shew flowers 15, Thiphelli 10gms. Boil it in 500 ml. of water-Remove it when it is 50ml.

Dose—Morning and evening to drink.

#### **Abcess:**

1. Apply a poultice made out of honey and (Chuna) while it is warm until the abcess is mature.

2. Roasted onion pou'tice to apply.

3. Apply (Black Plaster) to the abcess.

**Method:-**Oil (Gingely oil) 1600 ML.

Yellow wax—800gm. Red lead (Sethuram) 1600gms.

Pour the measured oil in an earthenpot and put it on the oven. When it gets hot. Put the wax in the oil. When this too is melted add the red lead little by little and stir it slowly. After mixing the red lead, the fire should be reduced, when it gets black colour, put off the fire and remove the content from the over before it gets thick. Pour it in metal containers. Apply this medication on a piece of old cloth apply it to the affected part it will stick to the body. This is very effective in the supporation of abcess, ulcers, all chromic wounds. I had been using this medicine in my medical field since 10 years and found it very very successful.

(A person with menstrual period should not prepare this)

4. Take slum salt and mix it with gingely oil and put a poultice on the abcess.

5. Take marathani leaves, and (chunam) and saffron and put a poultice.

Take hot rice, neem leaves and chunam and kumkum (which is used for worship) make a paste and apply it.

6. Make a paste of "touch me not" plant and apply to the abcess.

### **Lucoderma**

1. Method:- 1. Nalla Vellai Leaves (Yellow flower)  
- 100 gms.

2. Thumba leaves -- 100 gms.

3. Small Onion - 100 gms.

Take the juice of all these three 100 gms. each add 100 gms. of milk and coconut oil. Boil it. keep it on a semi fire after boiling it and stir well.

**Dose:-** 1tsp. per day. Apply the same on the affected area.  
**Diet—**Soup, ghee, egg, meat, keerai stop the medicine if the patient feels very hot and continue after 8 days.

**Duration—**One mandalam (40 days) could be repeated for 3mandalam with the break of one week in between.

2. Take mylangi (Henna Plant) leaves make a paste. Take 3 peppers measure every day and apply the same. This is good for Tinea also and other skin diseases.

### **For Migraine**

Take Thazham poovu and soak in gingely oil. Keep it in the sun for 3 weeks to 3 months. strain this and keep it. Apply one drop of this oil to both eyes.

There will be burning sensation. To remove burning sensation apply rose flower water. After the application of the oil open the eye lids. A lot of water will come out. Wait for 3 mts. for all the water to come out.



**Epilepsy:-** Accupressure for 10 minutes

Regular head massage and spinal massage with Ksheera-bala oil (ayurveda) Avoid extremities of cline, regular sleep for 8hrs.

Pattiam: No smoking, no alcohol, no strong coffee.

Diet—Vegetables beans, meat.

**Varicose vein:**

1. Apply poultice of tamerind leaves and cotton leaves. Eat tamerind leaves a handful every day for 15 days.
2. Take red raddish juice in hot water add sugar to it.
3. Take 10 grms. of dried ginger remove the skin with a glass piece. Powder it, 10 grms. of fried and powdered cummin seeds. Add little asafoetida  $\frac{1}{2}$  gm. Mix these powders well.

**Dosage:-** Take 2 pinches of this powder in one tsp. of honey.

4. Take 1 gm. of Gandhagam (prosperous sulphate) (Yellow in colour) powder it and boil it in 10ml. of coconut oil. Apply this oil to the affected part and bandage the part with a linen or flanel cloth at night.
5. Do Aquarian exercise rest the foot on a pillow at night.

**To reduce swelling**

1. Take the leaves of Umatham plant apply coconut oil heat the leaves and apply to the affected part.
2. Take drumstick leaves warm it up in any oil apply to the affected part and bandage it.
3. Take some cotton leaves and add little fine sand, make a paste out of it and bandage it.

**Mad dog bite:**

Take the flower of Mudar plant. (Kalaarai poovu in Tamil) It has white and purple flowers usually seen

in the burial grounds. Apply these flowers to the affected part. Take 10 - 15 of these petals with Jaggery every morning for 15 days.

**Snake bite, Scorpien bite, or Insect bite:**

1. Siriyananga (in Tamil)  
or Periyanga leaves - 100 gms.
2. Garuda Kizhanga (these are found in between rocks. This does not any water to grow. When this is been tied and hanged. This will start shoot up and grow) This can be obtained from a special tribal people who live on rats, snakes or birds (They are called Villies).
3. White Erukun skin—(very little).
4. Valmilagu (tailed black pepper) - 100 gm.
5. Asafoetida - 25 gms.
6. 50 seeds of Awanankam plant.

Dry all these and powder it. Mix the powders well.

**Dose:-** Take 2 pinches in beetle leaf twice a day, saltless diet is required. This is internal use for all the three.

For snake- Tie above the site make a small wound apply snake stone apply the same medicine as paste form

For scorpin bite:- Apply Accupressur on the lateral side of the small toe in the opposite side of the bite Apply one drop of concentrated sodium chloride water in the eyes. Mix sodium citrate and pottassium permagnate and apply to the site of the bite and pour one drop of water. This is for the anesthetic effect. Make an incision on the site and apply the seed of tamurin.

Apply the juics of Eruku plant on the site.

For insect bite-- apply (chunam) on the site of the bite

**Burns**

1. Apply banana stem juice, obtained by squeezing the



stem layers of the banana plant spread the juice over the burnt area; after cooling the area in water. Give the same juice with sugar to the patient (it is not advisable to give plain water to drink as it increases the pain).

2. Application of melted chicken fat. This analgesis and helps healing process

3. Apply potatoes pottuice on the affected part.

4. Take clear quick lime water and the same amount of coconut oil. Beat it well. Add 10 drops of Marbromin (red in colour) or a pinch of red lead (senthuram) apply the medicine with a chicken feather every 2 hrs.

Diet:- One egg per day. Milk one glass keera and fruit.

5. Take the skin of tamarind seed, powder it well and soak in coconut oil apply thus to the affected part.

6. Apply honey to the affected part.

#### **Treatment of heart condition:-**

The heart is the vital organ. The vitality of the heart depends upon the other parts of the body. When the heart functions well, then the kidneys and lungs can easily carry out their work of purification of Blood. The patient should be kept in a suit, clean place, away from noise. Bed rest is essential. The patient should be free from all emotional and physical stress. There should be no sudden disturbances. For all this a change of place is recommended. The kidney and lungs should be taken care of light diet; unpolluted air.

Pattiam: No animal protein; no alcohol, no tobacco, chillies and spices.

Recommended:- different kinds of sprouts, specially green gram, ground nuts, fenugreek seeds. (this helps as diuretics help bowel movements, thus avoiding spasm and flatulence). Eat raw Onion with food. Eat raw garlic in the morning which brings down blood pressure.

This whole treatment is carried out for 90 days. Even if

the patient shows earlier signs of recuperation, the full length of treatment should be given.

### **Gynaecological conditions:**

The normal menstrual cycle ranges from 23 to 32 days and flow should last for 3-5 days. A woman should be having regular periods by the age of 21 years. It is important that this regularity be established before she becomes pregnant.

The lactating mothers should eat sprouted green gram and cocount, raw Onion (Small) They should eat leghiam which contains Garlic, asafoetida, and Jaggery.

### **For Amenorrhoea;- as well menorrhagia**

#### **1. Rose petal leghiam or Arishtam**

Method. Take 100 gms. of Rose petal add 100 gms. of Jaggrey cook it well, when it is semi thick fluid form remove it from the oven and take one tsp. per day.

#### **2. 1 tsp. of black cummin seeds powdered and taken in the milk.**

**For retained placenta;-** Take 2tsp. black powdered cummin seeds with milk, 10 pods of garlic, a piece of palm Jaggery (Karipatti) and add some asafoetida.

**To induce labour;-** 1-1½ tsp. black cummin seeds powdered in milk with some Jaggery syrup.

**For Intra utrine death;-** To expell foetus 3-5 tsps. of black cummin seeds powdered with milk. (given in large quantities 7-8 tsps. black cummin seed is abortine).

**Sterility;-** In Naturopaty 90-95% of these cases are due to sterility in the male. caused by anxiety, mental tension leading to impotence or less out flow of sperm due to debility.

**For men;-** Treatment is given to improve hormone production Pomegranate, Onions cuscus is given for this purpose.



Coconut juice is given in the evening 5hrs. before the intercourse, fruit is very good and helps keep the sperm active and alive.

**For Women:** Mostly in females it is anatomical and requires surgery.

Yet in order to clean the uterus and tubes this preparation is given.

- Method:-
1. Male Vembu leaves- 100 gms (If juice)
  2. Kuppameni leaves-100 gms.
  3. Onion Juice (small) 100 gms.
  4. Lime juice  $\frac{1}{2}$  or one
  5. Erubbu leaves 100 gms

Add 100 gms. of coconut oil and boil it. After boiling keep it in low fire and take 1 tsp. of the oil every day. Start this medicine three days before the menstruation and during the period.

**For Diabetics:-**

1. Take Siru Kurinjal or Karungi Keerai.
2. Kadukai spin, 3) seeds of butter coil.

Take all these in the same measure. Dry them and powder it.  
Dosage-  $\frac{1}{2}$  tsp. twice a day.

2. Eat 10 leaves of siriyankai leaves every day.
3. Juice of bitter coil leaves 100 gms.  
Juice of Karry leaves.....100 gms.  
Dosage—1 tsp. twice a day.
4. Juice of Vempu leaves .....100 gms.  
Kaskasa .....100 gms.

Grind both of these and take the juice out of it.  
1 tsp. twice a day.

**For cancer:-**

Leaves of (pattlu in Malayalam, Mukil in Tamil) crush the leaves and boil them.

Dosage:  $\frac{1}{2}$  glass of Kazhayam twice a day.

**2. For all types of internal cancers:-**

1000 Lime- Take the juice of these thousand limes and keep it in a bottle. Do not add water. Fry the skin of these limes in a dry frying pan. When it becomes black; burn the skin in the pan until it become ashes.

Then pour the juice into these ashes. when it becomes into a paste form, Remove it from the oven. Make small vadai out of it and dry them in the shade. Give one pinch of this preparation to the patient suffering from eternal cancer. If the patient gets a shooting pain like an electric shock at the medulla oblongata; Then this medicine is active.

Some times one single dose will cure the patient. needed 3 doses should be given.

**High Blood Pressure**

1. Eat 4-5 pods of garlic raw heated in the fire in empty stomach in the morning. You can preserve this in honey and take it in the morning.



### CHAPTER III

## NATURE CURE TREATMENTS AND BASIC PRINCIPLES OF HEALTH.

Nature-cure treatments are given by using the five elements of nature. They are air, water, sunlight, akash and earth.

The Principle aim of nature-cure is the restoration of normal healthy body and mind through biologically corrective remedies such as Fasting, Dietics, Hydrotherapy, Heliotherapy, Mudtherapy, Massage, certain manipulation of the muscle and skeletal system, Yogic exercises, meditation and prayer etc. In addition to these methods Magnetotherapy, Acupressure and Acupuncture are also used as natural therapy.

#### 1. **FASTING:** (Physiological Rest)

UPAVASAM PAAMA OUSHADAM is the saying from the ancient science Ayurveda which means Fasting is the best medicine

Since the root cause of most of the diseases is due to the accumulation of toxic matter in the digestive organs, it is essential to clean them by diverting the energy which is used for the digestion to elimination during fasting.

Fasting is essential in almost all the diseases. Ayurveda states that it helps not only in cleaning the digestive organs but also cleanses all the seven ingredients of the body (lymph, blood, muscle, cartilage, bones, marrow, and spermatozoa).

Fasting is not recommended for very weak patients. Pregnant mothers, very old people, infants and T. B. patients. Fasting poses some difficulty during the first two

days but later on one can fast untill one starts feeling hungry again.

Short fast (one or two days) or long fast (more than three days) are recommended by the naturopath according to the condition of the patient and severity of diseases.

During fasting patient may be kept on water or lime juice or fresh fruit juices depending upon their general vitality and seriousness of the disease. The patient should also be given regular enema, mud packs, bath and, relaxation.

## **2: DIETICS:**

In nature cure, Dietics plays an important role and diet is given to the patient as Medicine. Diet is divided into three types.

### **a. Soothing diet:-**

During Fasting this diet is recommended which helps. for the elimination of toxic matter from the body. Lemon juice, diluted fruit and alkaline juices, vegetable soups etc are helpful for this purpose.

### **b. Eliminative diet:-**

After the completion of fasting, patient is advised to take soothing diet like fruit juices, buttermilk, vegetable juices and soups, boiled vegetables wheat and rice preparations in limited quantity are recommended

### **c. Constructive diet:-**

In this diet, a full meal is given which consists of rice or chapathy with curd or milk, boiled vegetables, dhal etc.

### **d. Prohibited diet:-**

Diet such as non-vegetarian dishes, pickles, preserved food, condiments, alcohol, coffee, tea and soft drinks are prohibited during treatment and also advised to avoid after the treatment.



The diet is well planned by the nature cure doctor and given for all kinds of diseases like fever, obesity, nutritional disorders, Jaundice eczema, anaemia and other acute and chronic ailments of the body.

### **3. HYDROTHERAPY:- (water treatments)**

In nature cure, several treatments are given by using water. Different temperature of water are used for treatment purpose. Some of the way treatments are formentation, hot and cold compressor, enema, foot bath, hip bath, steam bath and immersion baths etc.

#### **a. Drinking of water:**

patient is advised to take plenty of water about 2 litres (eight to ten glasses) per day while undergoing natural therapy.

#### **b. Enema:(Rectal Irrigation)**

Enema is an Injection of fluid into the rectum. In nature cure treatment only plain lukewarm water is used for this purpose. This is the first treatment given mostly to all the patients who are in natural therapy.

**Uses:-**Lukewarm water enema is helpful in cleaning the rectum from the accumulated faecal matter. This also improves the peristaltic movement and thereby relieves constipation. Cold enema (temp. 12.7°C to 29.4°C) is helpful in inflammatory conditions of the colon especially in dysentery, diarrhoea, ulcerative colitis etc. Hot enema (temp. 39.4°C to 43.3°C) is helpful in relieving irritation due to inflammatory pain of the rectum and haemorrhoids. Neem water enema is recommended in amoebiasis or in any worm infestation.

#### **c. Hot foot bath:-**

The patient should keep his feet and legs in a tub filled with hot water a (temp. of 40°C to 45°C) and is covered with a blanket. The temperature of water is maintained throughout the treatment and after this, the feet should

be washed with cold water to produce strong circulatory reaction atients, pregnant mothers, cardiac atients and hypertensive patients. (Duration sifrom 10 to 20 minutes)

Uses:-

Useful for skin diseases, lIheumatism, gout obesity and neuralgia etc.

#### **4. MUD THERAPHY:-**

It is applied by keeping the soaked mud in a thin muslin cloth above the patient's abdomen. For this purpose mud is the collected from the good plaes like river banks and seaked in the water for 24 hours after removing the stones and dirty particles from that.

Uses:-

Mud application directly or mudpacks applied over the abdomen. For this is helpful in reducing temperature in fever and useful in all forms of indigestion and comstipation. Mudplastering is helpful in boils, wounds and suppurations. A thick mud pack applied to the head in congestive headache relieves the same immediately.

#### **d. Mud bath:-**

In mud bath, mud is applied to the whole body from top to down and patient is asked to expose to the sunlight from 20 to 30 minutes or until the mud gets dry.

Uses:-

It is useful in skin diseases (it helps to improve the skin conditions by increasing circulation and energying the skin tissues. In all skin diseases, including psorissis, lenkoderma, leprosy, urticaria and other allergic conditions of the skin to improve the oplexion mud bath sore highly valuable. Mud applications are a patty and parcel of hatural beauty treatment.

#### **HELIO THERAPHY:- (SUNLIGHT TERATMENT)**

##### **a. Direct Sunbath:-**

Sunbath may be taken directly from the sunlight at



the time between 8 and 11am. and between 2 and 4 P. M. in winter and between 7 and 9 A. M. 3 and 5 P.M. in summer.

#### **b. Thermolium Sunbath:-**

Here, Specially made thermolium box fitted with coloured glasses is provided for this purpose. The colours of the glasses used here are blue, green, orange, yellow, violet, red etc.

The patient is asked to enter in to the box after drinking a glass of cold water. During sun bath the head should be protected with cold towel and the thermolium should be fixed with a thick blue glass at the portion of the head. After this bath the patient is advised to take cold shower.

(Duration of baths from 10 to 30 minutes).

**Uses:-**The sunbath is helpful as a general tonic. It also helps the skin to eliminate its toxic matter through perspiration, hence useful in all skin disorders. In addition, body gets an increased quantity of vitamin. During cold water to produces During the treatment, head should be protectect with a cold compress.

Duration is from (5 to 20 minutes)

**Uses:-**It is useful to stimulate the involuntary muscles of the uterus, intestines, ankle joint pains, head ache caused by cerebral congestion, cold and chillness of the feet etc.

#### **c. Hip bath:-**

The tub should be filled with water either hot or cold at the required temperature so that it covers the hip and reaches upto the naval or the patient. The patient should briskly rub the abdomen with a wet cloth.

(Duration is 15 to 20 minutes)

##### **I. (Cold hipbath):-**

The water temp. Should be 10°C to 18.3°C. After this bath the patient should undertake some moderate exercise or walk or if he is very weak should lie down in bed covered with a blanket.

**Uses:-** It is a routine treatment in almost all the diseases, especially like constipation, indigestion, obesity and to help the eliminative organs to function properly.

**II. (Hot hip bath)** Temp. should be 43°C to 49°C:-

Here, the patient should drink one or two glasses of cold water before going to bath, need not apply friction during bath and should take a cold shower bath immediately after the treatment. During the bath, a cold compress should be placed over the head.

**Uses:-** It is useful to relieve painful and delayed menstruation, pain in the pelvic organs, painful urination inflamed rectum lower vertebral spine due to spondylosis etc.

**d. Spinal Bath:-**

It is given in a tub especially made for it. The level of water should be 3 to 6 inches in the tub. The patient should lie in the tub by keeping his feet outside the tub Duration is 5 minutes to 20 minutes).

**Uses:-** The cold spinal bath is recommended in almost all nervous disorders such as hysteria, fits, sleeplessness, loss of memory, tension etc. Neutral spinal bath is an ideal treatment for insomnia. Hot spinal bath relieves pains of the vertebrae in spondylitis, pains of the back muscles and sciatica pain.

**e. Steam Bath:-**

A cabinet specially made for this purpose is provided. The patient should drink one or two glasses of water and enter the cabinet with a cold towel protecting his head. This bath should be given for every week.



## CHAPTER IV

### NUTRITION

God has made this earth very beautiful and dutiful also. So the earth caters for the human beings and other living beings by giving out the required products and fruits suiting to the seasons.

Only certain fruits and vegetables are available at all seasons. All others whether fruits or vegetables are seasonal as per the natural requirements of the body.

If we have to take foods of seasonally, then we have to bother ourselves with the preservation of the foods. And if we have to use preservatives we have to seek to the natural preservatives such as salt, honey, jaggery, certain spices, mustard, asafoetida etc. Drying in sun-help to retain and preserve the food values and further does not harm body system. The natural foods like fruits and vegetables are to be eaten raw so that whole nutrient values get into the body system.

#### **TOOTH DECAY:**

This occurs because - when the body system is deprived of its required supply of mineral salts - deficiency occurs and this deficiency is made up by taking the particular element from the body's own tissue. Calcium from the tooth and this leads to tooth decay. So when we need these salts and vitamins to be assimilated by the body we have to eat them raw and in the balanced manner.

When we talk of balanced food we have combinations which do good to the system and some combinations to more harm to the body in the long run.

**SUGAR:** Sugar are digested soon after entering stomach.

**STARCHES:** Requires alkaline medium for digestion which starts in the mouth and continued in the stomach as long as there is no protein food.

**PROTEINS:** Need an acid medium for its digestion and it takes place in the stomach and continue in the intestines.

**FAST & OILS:** The digestion takes place in the intestine. As long as person is healthy and leads a vigorous life the improper combination are taken care of or not minded much by the body system. If one reaches old age or has troubles and worries, over work and mental tension then the problem of improper digestion starts.

**CAUSES OF INDIGESTION:** Habit of eating starch (which requires alkaline medium for digestion) and proteins (which need acid medium for digestion) together. By this the digestion is down in a hurry. So the undigested starch remains in stomach until the protein food which is consumed along with it has been dealt with. The undigested starch leads to gas formation, higher HCl secretion and dyspepsia and a row of other symptmes of digestion, problems. So the individual approaches the doctor and gets a long prescription of drugs which do not connect the problem at all for which he came.

#### **FOOD COMBINATIONS:**

DO NOT MIX (1) Starches and proteins; (2) Starches & Acid Fruits.

- 1) Starches, fats, green Vegetables, sugars can be taken together and they need alkaline medium for digestion.
- 2) Proteins, fats, green vegetables and Acid fruits can be taken together as they need an acid medium or neutral medium for digestion.



## CHAPTER V

### VERBAL STATEMENTS OF ATTITUDES

| DISEASE             | ATTITUDE  |
|---------------------|---|
| METEBOLIC EDEMA     | This person feels he is carrying a heavy load and wants somebody else to carry all or part of it. He has too much on his shoulders, has too much responsibility; he wants others to take their share of it.   |
| HYPERTENSION        | This person feels threatened with harm and has to be ready for anything. He feels in danger; anything could happen at any time from any side. He has to be prepared to meet all possible threats; he has to be on guard.                                |
| REGIONAL ENTERITIES | This person feels he has received something harmful and wants to get rid of it. He has been given or has received something damaged or inferior. He feels he has been poisoned. He wants the situation to be finished, over and done with, disposed of. |
| RAYNAUD'S DISEASE   | This person wants to take hostile physical action. He wants to hit or strangle; he wants to take action of any kind. He has to do something.  |
| HIVES               | This person feels he is taking a beating and is helpless to do anything about it. He is being knocked around, hammered on; he is being mistreated or unfairly treated.  |

**NAUSEA AND VOMITING** This person feels something wrong has happened and probably feels responsible. He wishes it had not happened, is sorry it happened, and wishes he could undo it. He wishes things were the way they were before. He wishes he had not done it.

**ACHE** This person feels he is being picked on and wants to be left alone. He is being nagged.

**HYPERTHYROIDISM** This person feels he might lose somebody or something he loves and takes care of and is trying to prevent the loss. He is trying to hold on to a love one who is being taken away.

**POSORIASIS** This person feels something constantly growing at him and that he has to put up with it.

**ASHTHMA** This person feels left out in the cold and wants to shut the person or situation out. He feels unloved, rejected, disapproved of, shut out, and he has not to deal with the person or situation. He wishes to blot it or him out and not to have anything to do with it or him.

**ECZEMA** This person feels he is being frustrated and can do nothing about it. He feels interfered with, blocked, prevented from doing something; he feels unable to make himself understood.

**CONSTIPATION** This person feels he is in a situation from which nothing good could



come but keeps on with it grimly. He feels things will never get any better but has to stick with it.

MULTIPLE SCLEROSIS

This person feels forced to undertake some kind of physical activity and does not want to. He has to work without help, has to support himself and usually others. He does not want to and wishes help or support.

ULCERATIVE COLITIS

This person feels he is being injured and degraded and wishes he could get rid of the responsible agent. He is being humiliated; he wants the situation to be finished, over and done with, disposed of.

BACKACHE

This person wants to run away. He wants to walk out of there, to get out.

MIGRAINE

This person feels something has to be achieved and relaxes after the effort. He has to accomplish something, is driving himself, striving. He has to get things done. A goal has to be reached. Then he lets down, stops the driving.

DUODENAL ULCER

This person feels deprived of what is due him and wants to get even. He does not get what he should be owed, or promised. He wants to do to some other person what the other person has done to him.

REUMATOID ARTHRITIS

This person feels tied down and wants to get free. He feels restrained, restricted, confined, and wants to be able to move around.

|                                 |   |
|---------------------------------|---|
| ANAEMIA                         | This person feels like exploding. His focus of attention is on controlling feelings of anger, not on the feeling itself or the object of the anger.                         |
| HEATBURN                        | This person is not getting what he wants.   |
| TUBERCULOSIS                    | Despite a valiant effort this person feels overwhelmed by circumstances.  |
| PROXYSMAL AURICULAR TACHYCARDIA | This person feels that things are not proceeding according to schedule and that they should be speeded up. Typical statements; 'Let's get going; let's get things started.' |
| DIABETES                        | This person is starving to death in the midst of plenty. He is surrounded by most of the things that have meaning but his perception is that none is available to him.      |
| DIARRHOEA                       | This person sees himself faced with a meaningful task and wishes it were over, finished, or done with. He wishes impending events were behind him.                          |



## CHAPTER VI

# YOGA EXERCISES

### Introduction:-

Yoga means "Union". It is derived from the classical sanskrit root "Yuj" to unite, to join, to yoke. Originally yoga seemed to mean the 'yoking of man's faculties in a concentrated effort towards his spiritual goal.

Yoga as a system of spiritual training stands first for the classical yoga, one of the six systems of Indian philosophy. The basic text of the system is the Yoga Sutra of patanjali, about the 'second century B.C.

In these sayings or sutras patanjali outlines eight distinct steps to yogic perfection, rightly beginning with a self disciplining ethical code called yama-niyama. Those who will fulfil their divine destiny cannot overlook the fundamental and unchanging principles of good personal conduct and social behaviour. Patanjali therefore laid down five self-restraints (Yamas), the first of which is complete nonviolence (ahimsa), in thought, word, and deed. The second self-restraint is strict adherence to truth (satya) in thought, word and deed. The third is celibacy (bramacharya). Even in remote times it has been thought that control of sex was necessary for spiritual progress. Patanjali maintained that where sex is restrained much power is generated within. Sexual energy is transmuted into spritual force, described as Ojas sakti, exemplified in selfless service of fellow human beings. The fourth restraint is not-straling (asteya) and the fifth, linked with the fourth is non-creed (sparigraha). These two self-restraints help us to develop an attitude of detachment for where theft and convelousness are present, there is also envy and hate.

The yogic ethical code does not end with the five self-restraints. There are also the five niyamas, the fruits,

as it were, arising from the observance of the restraints. The niyamas, are purity (Saucha), contentment (santosh), fortitude or moral strength (tapa), self-knowledge (svadhyaya), and attentiveness to God (Iswara-Pranidhana).

In one of his sayings, patanjali states that, among the various ways of attaining the heights of yogic experience, one of the quickest is through complete devotion to God. He defines God as 'a spirit, untouched by human modifications, in whom is infinite that omniscience which is but a germ.'

Yoga as an instrument in the service of grace, can help to enrich a life of prayer, especially the silent and profound prayer which leads ultimately to the experience of God.

Among bodily exercises posture (asana) holds the first place. It is recognized by Yoga as the primal requisite whether for physical, moral, mental or spiritual culture. In modern times yoga often means a more or less definite system of mental and bodily hygiene, sometimes with little reference to the spiritual aims of the classical yoga. In that case, the bodily training is called Hatha-yoga where as Raja yoga stands for the spiritual efforts.

### **Recommendations for the Practice of Yoga exercises:**

1. All the positions need to be done slowly, like a prayer.
2. Effort is more important than success
3. You must be comfortable, that is to say calm and feeling of well being.
4. Make a habit of cleaning the air passages thoroughly. Get rid of allclogged up dust and microbes which may be cumulated in these passages. The mouth, the teeth, the nasal canal need to be attended to directly every day.

5. Open up the windows of the room and let in plenty of fresh air.
6. Avoid tight and constricting clothes.
7. During breathing, the mouth must be closed.
8. Pay more attention to exhalation. If the former is O.K. the latter will take care of itself. Exhale with vigour, slowly and rhythmically. Ex 3/5., Neh.6/3., Ps 23/2., Ipet.5/7.

**1 Sukhasana:** (easy or comfortable pose). One of a number of meditative poses:

**Steps:** Legs crosses, knees even, palms on knees, relax arms and shoulders spine, head and neck erect close your eyes, be relaxed and composed be aware of breathing in and out of nostrils breath slow, continuous deep.

**Check Points:** 1. Check shoulders and elbows to see they are relaxed.

2. Check eyelids to see they are quiet, flickering.
3. Spine may tend to slouch, remedy lies in sustained, disciplined effort.

## STANDING ASANAS

**2. Talasana:** (Palm tree pose)

**Steps:** 1. Stand tall, feet parallel, one foot apart.

2. Raise heels, simultaneously stretch right arm upward touching the ear. Take one breath.
3. Fix gaze on any point in front of you, keep balance.
4. Hold your breath.
5. Exhale slowly, lower arms and heels.
6. Repeat with other arm, repeat with both arms.

**Benefits:** 1. Stretching entire body.

2. Increases height.
3. Strengthens abdominal muscles.



4. Upward stretch of spine.

5. Helps coordinate nervous and muscular systems.

Repeat each three times.

Beathing rhythm: 3-6-3.

### 3. Tadasana: (mountain pose).

- Steps :
1. Stand on both feet straight.
  2. Feel your weight, close your eyes.
  3. Later balance on toes, hands joined before chest.

### 4. Vrikshasana: (tree pose)

- Steps :
1. Stand balanced on one leg, the heel of the other placed along the thigh of the first.
  2. palms of hands touch above the head or are folded in front of you on the chest.
  3. Exhale, inhale, slow, continuous, deep.

- Benefits;
1. Strengthens leg muscles.
  2. Gives a sense of balance.

### 5. Santulan Asana:

- Steps :
1. Stand up on right leg and fold the left leg on the knee.
  2. Bring heel of left leg near the hip or as high as possible.
  3. Catch the toes of the left leg with the left hand.
  4. Raise the right hand up towards the sky, palm remaining in straight forward position.
  5. Return to original position.

- Benefits:
1. Removes rigidity from major joints of the body and brings flexibility to them.
  2. Normalizes the blood circulation, tones up the muscles.

## 6. Variation of above

- Steps :
1. Lift one knee up towards the chest.
  2. Put the same side hand on the ankle and the other hand on the knee.
  3. Pull the knee towards the chest without any pulling on the ankle.
  4. Stand firmly on the other leg keeping quite straight.
  5. Return to normal position, repeat with other leg.

## 7 Utkatasana:

- Steps :
1. Raise your heels, raise simultaneously your hands forward.
  2. Bend your knees, hands remaining forward.
  3. Trunk of the body lowers itself too but remains firm; i. e. no inclination forward.
  4. Raise and come to normal position, hands falling on the side.

Benefits: Useful to the leg and pelvic muscles

## 8. Trikonasana: (triangle pose)

- Steps :
1. Stand erect, feet together, arms upward.
  2. Inhale deeply.
  3. Bend forward, finger tips touching the ground; exhale as you do this.
  4. Come back erect, raise hands again; inhale as you do this.

Benefits: 1. Tones abdominal walls.

2. Eases muscles of spine and neck.

3. Corrects faulty posture habits.

4. Promotes normal flexibility of waist.

Breathing rhythm: 3-6-3; general principle: exhale as you bend forward,

### 9. Suryanamaskar:

- Steps :
1. As above; place the hands flat on the ground.
  2. Keep position for longer time having your own breathing rhythm.

- Benefits:
1. Posture resembles one of worship; hence the name.
  2. Has other good benefits; activates glands of the endocrinal system in a mild way.
  3. Hence these glands (pancreas, adrenal, thyroid, pituitary) secrete their respective hormone in a normal way.

### 10. Deep Obeisance:

- Steps:
1. Beginning as above; instead of placing hands flat on the ground, grasp your ankles or your heels, placing the fore arms along the legs.
  2. Touch your head to your knees.
  3. Hold the posture long enough to breath in an out 3 times using the abdomen.

### 11. Konasana I (angle pose)

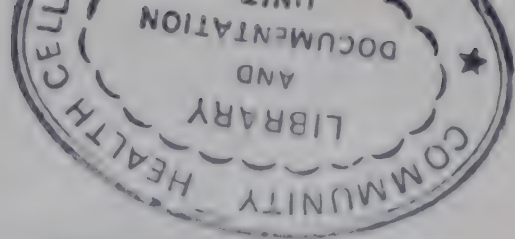
- Steps :
1. Stand erect; feet 18'' to 20'' apart, one hand on waist, one on thigh.
  2. Turn head and band to side of straight arm and reach towards angle and hold breath.
  3. Return to original position.
  4. Change position of hands 3-6-3

- Benefits:
1. Sideways (lateral) stretch of spine
  2. Maintains flexibility of waist.
  3. Massages abdominal muscles.

### 12. Konasanas II

- Steps :
1. Same as above except instead of hand on waist stretch arm to full length above head, keeping it close to ear, palm inward.
  2. Keep head facing forward.





### 13. Konasanas III

- Steps :
1. Stand erect; feet 20' apart and parallel
  2. Stretch out arms to side, palms facing down inhale.
  3. Lower right arm, raise left, keeping them fully stretched/\*\*
  4. Bend downwards till right hand touches left toe; hold.
  5. Begin inhaling while raising body to erect position.
  6. Repeat alternately on other side.

\*\* Outward opposite to each other exhale while doing this.

### 14. Chakrasana (wheel pose)

- Steps:
1. Stand erect, hand raised up, fists closed, feet apart, 18'' to 20'' and parallel. Inhale.
  2. Bend forward, stretching arms downwards, fists closed but not clenched, knees slightly bent. Exhale while doing so.
  3. Now raise clasped hands backward untill they are in vertical position; hold breath.
  4. Reverse movement till you come to erect position.

Breathing rhythm: 3-6-3

- Benefits:
1. Strengthens muscles of chest and waist.
  2. Also develops muscles of back, neck and shoulders.
  3. Stimulates intestines to activity.
  4. As such remedial and preventive measure in constipation.

### SITTING DOWN ASANAS

#### 15. Yoga Mudra I

- Steps :
1. Sit in sukhasana; grasp left wrist with right hand behind back.

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2. Inhale while erect.
3. While exhaling bend toward right knee; touch head to knee if possible; hold.
4. Inhale while returning to erect position.
5. Repeat with left knee, and then the centre 3-6-3

Benefits: 1. Compression of abdomen.  
2. Aids digestion and elimination.  
3. Posterior stretching of spine.  
4. Improves circulation of blood to the head.

## 16. Yoga Mudra II

- Steps: 1. Same as above, except sit in vajrasana position, i. e. legs behind, heels outward forming a cushion for the buttocks; buttocks stay firm during exercise.
2. Avoid right or left side; just bend forwards.
- 3-6-3

## 17. Yoga Mudra III

- Steps: 1. Again same as above except the following:  
make the hands tight and gradually raise them (in grabbed form) upwards behind you as high as possible without giving excessive strain.

## 18. Pascimottanasana (rowing pose)

- Steps: 1. Sit on mat, stretch legs to full length.
2. Stretch out arms parallel to legs, palms downward.
  3. Bend body forward to reach for the toes with the fingers; exhale while doing this.
  4. Hold you breath.
  5. Withdraw hands, bends slightly backward while inhaling.
  6. Back to normal position. Repeat as one does in rowing.

## 19. Pascimottanasana variation

Steps : 1. Sit on mat as for no. 18

2. begin to exhale as you bend body forwards until you reach the toes; then hold them tightly with fingers.
3. Keep bending head until it touches the knees; knees should not be raised.
4. Rest your head there; hold your breath.
5. Inhale and return to starting position.

Caution: Except in rare case initial attempt at this position is likely to be unsuccessful. It need not discourage the beginner. avoid jerks and hasty or strenuous pulls which may cause muscle soreness.

- Benefits
1. All muscles are stretched.
  2. Tones up abdominal organs and reduces sluggishness.
  3. Tones up kidneys.
  4. Improves digestion.
  5. Rejuvenates the whole spine.

## 20 Gomukh Asana:

Steps : 1. Make a kneeling position on the floor: vajrasana.

2. Keep the knees separated from one another, by about 4".
3. Look in front at the level of your eyes, spine straight.
4. Bring right hand to the back; fold it at right elbow, and raise the back of the palm up towards the neck.
5. Fingers of the right hand face upwards.
6. Fold your left hand at the elbow and raise it upwards by putting the left palm on the left shoulder.
7. Touch the fingers of the left hand with the right hand.



8. Keep the spine firm and straight, breath normally.
9. Change position of the hands.

**Benefits:**

1. Has a corrective effect upon all the major and minor joints of the body.
2. Exercises the finger joints, elbows, shoulder joints.
3. All the muscles and nerves related to various joints are automatically toned up.
4. Blood circulation is improved in these areas.
5. Enhances the strength of the lungs and heart.

## **21 Bhadrasana:**

**Steps :** 1. Sit in sukhasana.

2. Stretch out your legs in front of you and let the soles of your feet touch each other.
3. Bring them close to your groin with the help of your hands holding your feet tightly.
4. Now try to keep your knees low, if possible touching the ground.
5. Hold this position and breathe deeply.

**Benefits**

1. Exercises the muscles of the thigh (interior and exterior of the inner side, sex organs, and the interior of the pelvis).
2. Aids flexibility of joints.
3. Exercises the muscles and ligaments of urogenital region.

## **22. Matsyendrasana:**

- Steps :**
1. Stretch both legs in front keep legs in parallel position.
  2. Fold right leg on the knee by pulling it backward.
  3. Now the right thigh is standing upward and the right side buttock has been raised up; keep right leg where it is standing.

4. Fold left leg on the knee without lifting it up.
5. Thigh and knee of the left leg remain on the floor and the foot should be brought below the right buttock.
6. Now your right knee is standing upward and the left knee is down on the floor.
7. Stretch out the left arm and bring it on the outside of the right knee.
8. Your left arm is locked against the standing knee firmly.
9. Grab the right foot with left hand to provide stability.
10. Bring the whole of right arm and hand on the back in a loose position.
11. Start exhaling slowly and turning the head, chest and waist areas towards the right side. Twist the body as much as you can.
12. Look at the farthest distance outside. Hold.
13. Inhale slowly and return to front position.

Benefits: 1. Condition and function of pancreas energized  
2. Removes rigidity of spine and restores flexibility in it.  
3. Corrects disorders of kidneys, spleen, liver bladder.

### **23. Pranayama: (Breathing)**

- Steps: 1. Sit as in sukhasana.  
2. Relax the abdomen.  
3. Allow abdomen to rise while inhaling.  
4. Allow abdomen to fall while exhaling.  
5. Equalise inhalation and exhalation.

### **24. Pranayama II**

- Steps ; 1. As above.

2. Follow different rhythm 1-4-2-2 i.e.,  
Inhale count of long one.  
Hold breath count of long four.  
Exhale relaxedly count of two.  
Hold breath again count of two.
3. Repeat whole exercise three times.

Note: This is not the normal way we breathe this exercise is meant to improve our breathing capacity also to faster abdominal or diaphragmatic breathing.

## 25. Pranayama III

Steps : 1. As above.

2. With right hand close right nostril with thumb.
3. Inhale through left nostril alone.
4. Close both nostrils; hold your breath.
5. Release right nostril; exhale through right nostril.
6. Again close both nostrils; hold your breath.
7. Breathing rhythm as above, namely, 1-4-2-2
8. Repeat changing nostrils, namely, close left nostril and breathe through right nostril; close both nostrils; exhale through left; close both; hold.

Benefits: 1. Encourages use of diaphragm.  
2. Helps improve breathing.  
3. Exercises and relaxes abdominal area.  
4. Aids in elimination and digestion.

## 26. Pranayama IV

- steps: 1. Same as above: I. II or III
2. While inhaling breathe in the freshness of the universe, purity, lightness, love.
  3. While exhaling breathe out the dullness of life, any impurities, bitterness or hatred.



## LYING DOWN POSTURES

### 27. Shalabhasana

Steps : 1. lie on abdomen.

2. Stretch hands on both sides of the body.
3. Stretch both legs and let the toes be flat on floor.
4. Keep heels and toes together.
5. Inhale slowly through both nostrils and hold the breath.
6. Lift legs as high as you can take them (or take first right leg, then left leg, then both legs).
7. Stay in position five to six seconds keeping legs tight.
8. Exhale slowly simultaneously lowering the legs down towards the floor.
9. When legs have touched the floor, turn the head to let it rest on either cheek; and let the whole body loose.

Benefits: 1. Curative effect on various abdominal troubles.

2. Activates kidneys, liver, pancreas.
3. Because of internal activation it removes constipation, wind troubles, indigestion.
4. Brings flexibility to the spine.
5. Invigorates the eyes, face, lungs, chest, neck shoulders.

### 28. Bhujangasana

Steps : 1. Lie on abdomen.

2. Bring the palms beneath the shoulders on both sides.
3. Let the tip of fingers be at the edge of shoulders.
4. Elbows are folded upward closer to the body.
5. Keep heels together and toes flat on the floor breathe normally.

7. Straighten the head the tilt it slightly backward.
8. Raise your head and chest upwards; the portion above the navel is raised up. Inhale slowly while doing this.
9. Legs are fully stretched and kept tightly together
10. Look straight forward and hold your breath
11. Start exhaling and lower the head towards the floor.
12. Same process a couple of times.
13. Then let the head rest on any cheek; let the body relax and rest for a few seconds.

Benefits: 1. Inwardly activities whole of abdominal area.

2. Because of this activation, the pancreas liver and other organs of digestive system are strengthened and normalized.
3. Regarded as one of the best asanas for curing constipation, indigestion, dysentery wind troubles.
4. Brings flexibility to the spine and corrects spinal disorders and back ache.

## 29. Dhanuvakrasana: (Bow curve)

- steps :
1. Lie on abdomen.
  2. Bend legs at knee joints from behind upward and fold them against their respective thigh.
  3. With arms to the back at full length grasp the ankles.
  4. Raise the neck simultaneously with a steady life and pull upwards on the ankle while inhaling.
  5. Rest the entire body on only the area of the navel.
  6. Keep knees together.
  7. Maintain position as long as comfortable; hold breath.
  8. Release hold on the ankles, begin to exhale.

and assume starting position, on the abdomen legs fully streached, arms resting on floor.

- Benefits: 1. Extreme stretching of abdominal and pelvic muscles.
2. Facilitates fresh supply of blood to abdominal area.

### 30. Uttampadasana:

- steps :
1. Lie with back on floor, look upward at ceiling.
  2. Keep both arms straight alongside the body with palms touching the floor.
  3. Straighten both the legs and join your heels and toes.
  4. Raise right leg (either perpendicular to the ground or at  $45^{\circ}$  or even just 10-12" high from the floor.
  5. Inhale slowly through nostrils and hold the breath.
  6. Start exhaling and lowering the legs towards the floor.
  7. Repeat with left leg and then do with both legs.

Caution: People who have had serious back injury or are otherwise weak should not do this asana with both legs. They may do with one leg only. the others can do it safely.

- Benefits: 1. Exercises all the abdominal muscles both internally and externally.
2. As a result correct disorders of the pancreas and cures constipation and intestinal disorders.
3. Takes away the extra weight of the abdominal area.
4. Also has great curative and corrective effect on back ache or troubles in the waist, buttocks and hip-joints.



5. Strengthens the spinal cord, energizes the inner cells and activates the whole nervous system.

### **31. Halasana (cart or plough posture)**

Steps : 1. Lie flat on your back.

2. Raise legs above your head, knees stiff toes touching floor behind you, arms stretched, palms downward.
3. Keep position as long as comfortable.
4. Maintain your own breathing rhythm, but breathe deeply.

- Benefits:
1. Whole body toned up by an increase of flow of blood and by elimination of toxic waste.
  2. Abdominal organs are rejuvenated.
  3. Dorsal spine receives a supplementary blood flow.
  4. Relieves kidney pains.
  5. Also good to relieve lumbago or arthritis of back.

### **32. Sarvangasana (shoulder stand)**

Steps : 1. Lie supine at full length, arms at sides, all muscles relaxed. Take in a full breath.

2. Slowly exhale and raise the legs together upwards enough to make a right angle with the body, all the while keeping the knees stiff and the body above the hip-joint on the ground undisturbed.
3. Still exhaling raise the arms and hold the waist and push the body up as far as possible.
4. Put your weight on the hands and the arms and rest on the elbows, the legs thrown upwards.
5. When this position is secured, shift hands slowly towards the back placing full weight upon the shoulders, the neck and the back of the head.

6. Breathing is slow, rhythmic and natural.
7. Maintain position for short while, return to starting position.
8. Then taken in a few deep breathes to compensate for the reactions of a head-law-hips-high posture.

### 33 Pavanmuktasana:

- Steps :
1. Lie supine at full length on back, arms at the sides; as you inhale raise the right leg, then fold at the knees joint clasping both the hands, fingers inter-locking over the knee.
  2. Pull the knee down pressing the thigh on the internal organs while exhaling.
  3. Suspend breath for 5 seconds and then return to starting position while inhaling.
  4. Repeat with other leg and alternate movements three times with each leg.
  5. When both legs are used it is termed divpada or the bipedal pose. The general technique remains the same.
  6. Follow slow, normal, rhythmic breathing.

- Benefits:
1. Stimulates internal organs to relieve constipation.
  2. With minimum strain, it exercises the inner gastric unbilical, pubic, sacral, anal, perineal and the urogenital organs.
  3. Remedies flabby abdomen and waist.

### 34. Savasana (corpse posture)

- Steps :
1. Lie flat on the back, wear loose clothing, no creases on the clothing, nor the mat.
  2. Place your feet 20'' apart and allow ankles and toes to relax to the outside.
  3. Hands are 30° from the sides, palm up.
  4. Close your eyes.
  5. Check that shoulders are flat and small of the back relaxed on the floor.

6. Adjust head to a comfortable position.
7. Completely surrender your body weight to the floor; do not offer any resistance.
8. Imagine yourself sinking into the floor.

**Notes:** If you observe a cat or a baby sleeping you will see that upon awakening they leave a deep impression in the cushion or mat slept upon. Animals and babies instinctively let go completely and allow gravity to do the work.

- Benefits:**
1. Deep state of muscular relaxation.
  2. Nervous system is rested and rejuvenated.
  3. Help is psychosomatic disorders.
  4. Better sleep.

## **COSMIC POSTURES**

1. **Reaching out:** One foot in front of the other both hands in forward position eyes reaching to the ends of the universe.
2. **Surrender:** Feet 20'' apart; trunk slightly inclined, back, hands stretched outward, eyes looking upwards.
3. **Offering or Suscipe:** Feet 10'' apart hands moving upwards, eyes follow the hands, hands forming a cup.
4. **Reverence:** Feet closer to each other hands stretched full length in front of you parallel to the ground, eyes looking downwards.
5. **One pointedness:** One foot in front of the other hands moving as in bow and arrow, one hand fully stretched, the other bent at hip thumb and index finger joined, three other fingers pointing forward, gaze fixed at one and only point.

**Note:** Nothing on your mind:  
your body speaks

**Walking Meditation** (kin hin)  
follow instructions given.



## CHAPTER VII

# ACCUPRESSURE THERAPY AND PRACTICE

'ACU' means to take out, so accupressure means to take our diseases (toxins) from the body by exerting pressure.

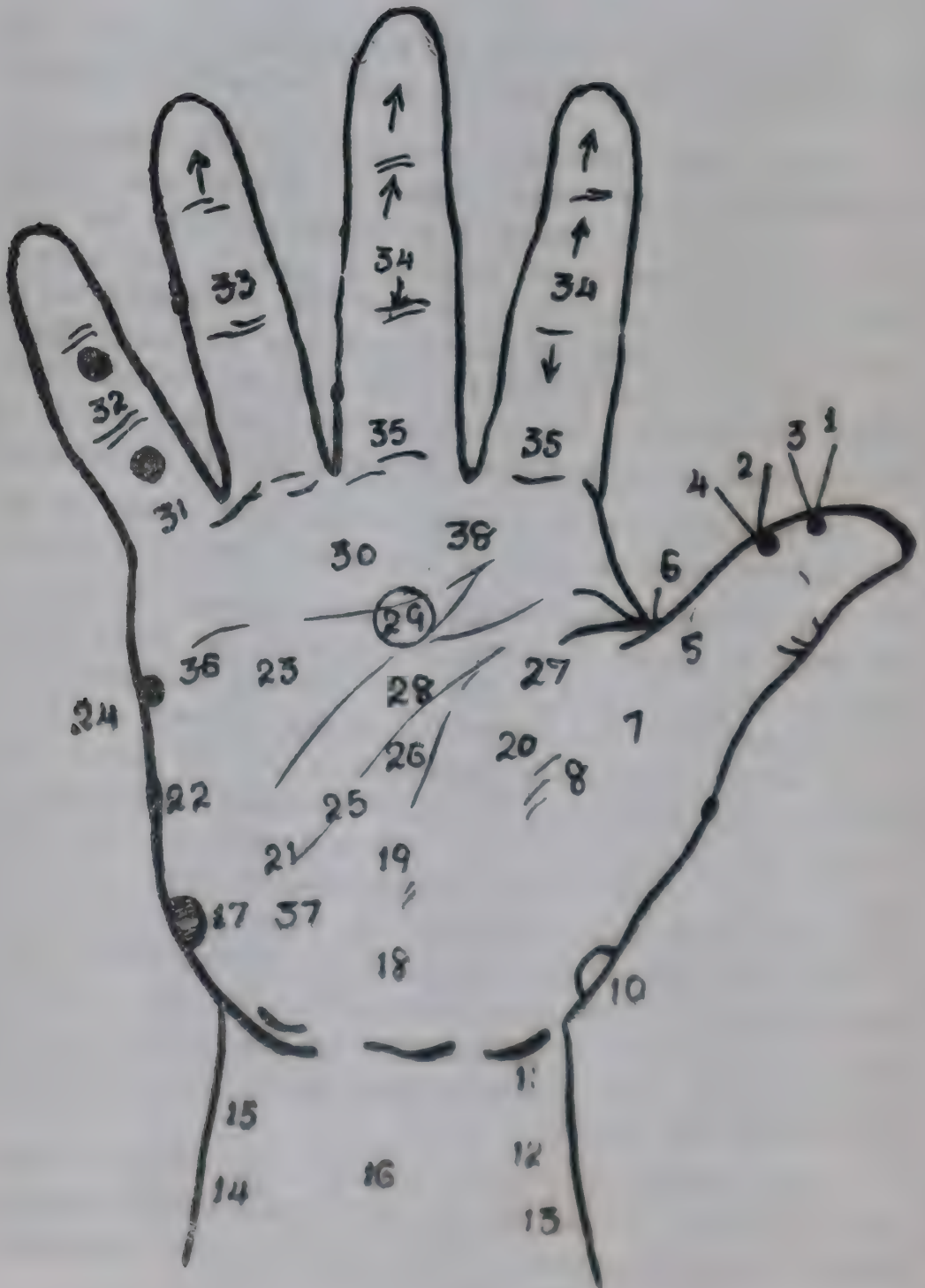
In any good machine, provision is made where by it automatically stops, when there is danger and restarts when you push its switch. e.g. Refrigerator and hot water geyser. Then there is no surprise if such a provision is made in the human body. It is true that the system of our body is very intricate. But to maintain it is very easy. Nature has these machines provided in our body as "In built mechanism" to maintain the balance. This science is known as accupressure. It is practiced by many people in the world.

In accupressure, it is very simple and easy so that any layman, even a child of five years, can do it himself.

The switch board of the electric current flowing in our body is in the 2 palms and also in the soles of our feet. In charts 1 and 2 you will see the location of the different switches and below the charts you will find the names of the organs and endocrine glands to which these switches are connected. Most of the organs and endocrine glands are in the right side and left side of the body and so their corresponding points are on the right and left palms and soles. However, as heart and spleen are on the left side of the body, their corresponding points are only on the left palms and soles. In the same way, Liver, Gall bladder, Appendix are on the rightside of the body and so their corresponding points are only on the right palm and soles.

Solar plexus (point No . 29), this is "Nabhi chakra" the controlling centre for all the organs below the diaphragm. For disturbances in all organs, it is necessary to give treatment to this point No .29.

CHART—1  
THE HAND



- |  |                     |
|--|---------------------|
| 1. Brain   | 20. Colon           |
| 2. Mental Nerves                                     | 21. Appendix        |
| *3. Pituitary gland                                  | 22. Gall Bladder    |
| *4. Pineal   | 23. Liver           |
| 5. Head nerve  | 24. Shoulder        |
| 6. Throat  | *25. Pancreas       |
| 7. Neck  | 26. Kidney          |
| *8. Thyroid and Parathyroid                          | 27. Stomach         |
| 9. Spine   | *28. Adrenal        |
| 10. Piles  | 29. Solar plexus    |
| 11. Prostate   | 30. Lungs           |
| 12. Uterus   | 31. Ear             |
| 13. Penis  | 32. Energy          |
| *14. Ovaries   | 33. Nerves and Ear  |
| *15. Testes  | 34. Cold and Nerves |
| *16. Lower Lumbar (back)<br>and Lymph Glands (front) | 35. Eyes            |
| 17. Hip and knee                                     | 36. Heart           |
| 18. Bladder  | 37. Spleen          |
| 19. Intestines                                       | *38. Thymus         |

\* (Location of different switches and endocrine glands (Estric\*) and webs (between fingers) on front and back side of palms.)



BACK SIDE OF HAND



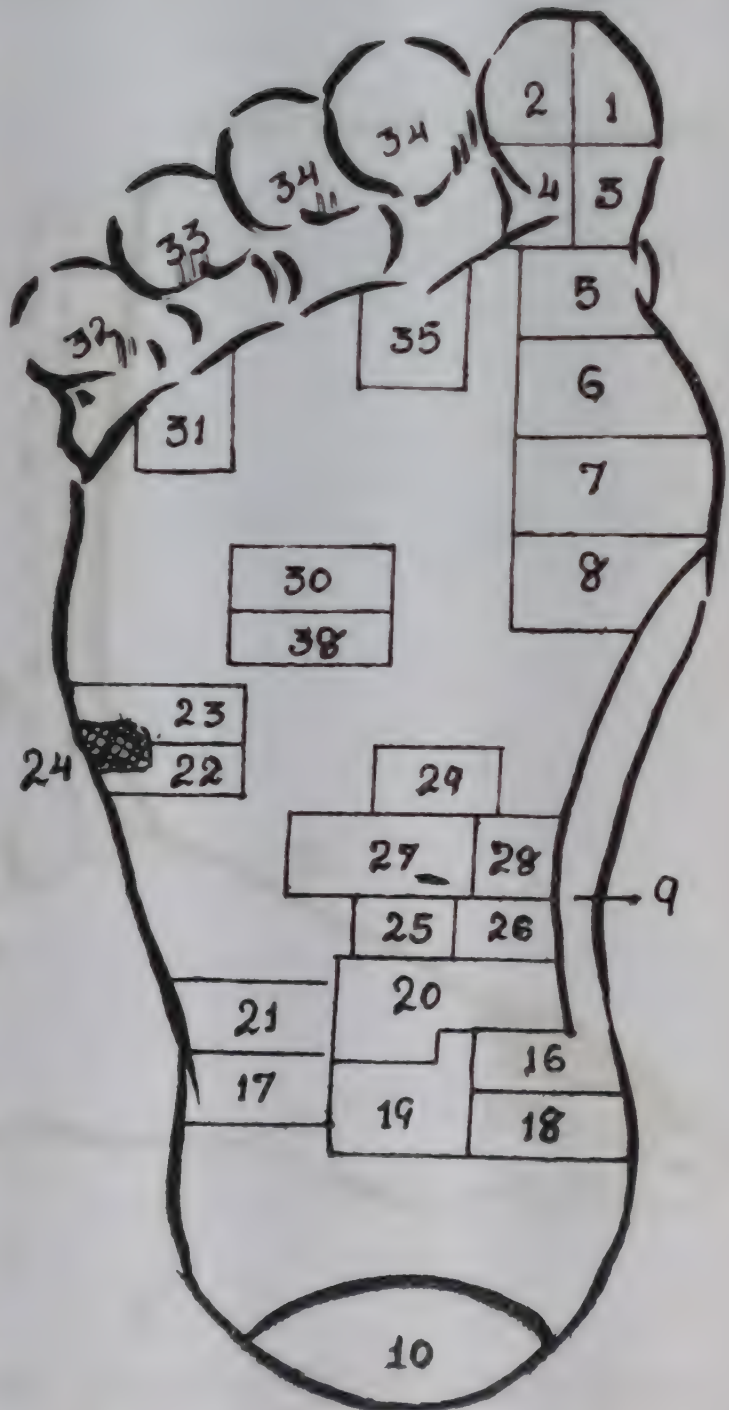
- (a) SPINAL CORD
- (b) NERVES
- (c) LOWER LUMBAGO

(Location of different switches and endocrine glands (Estric\*) and webs (Between fingers) on front and back side of palms.)

## CHART—2

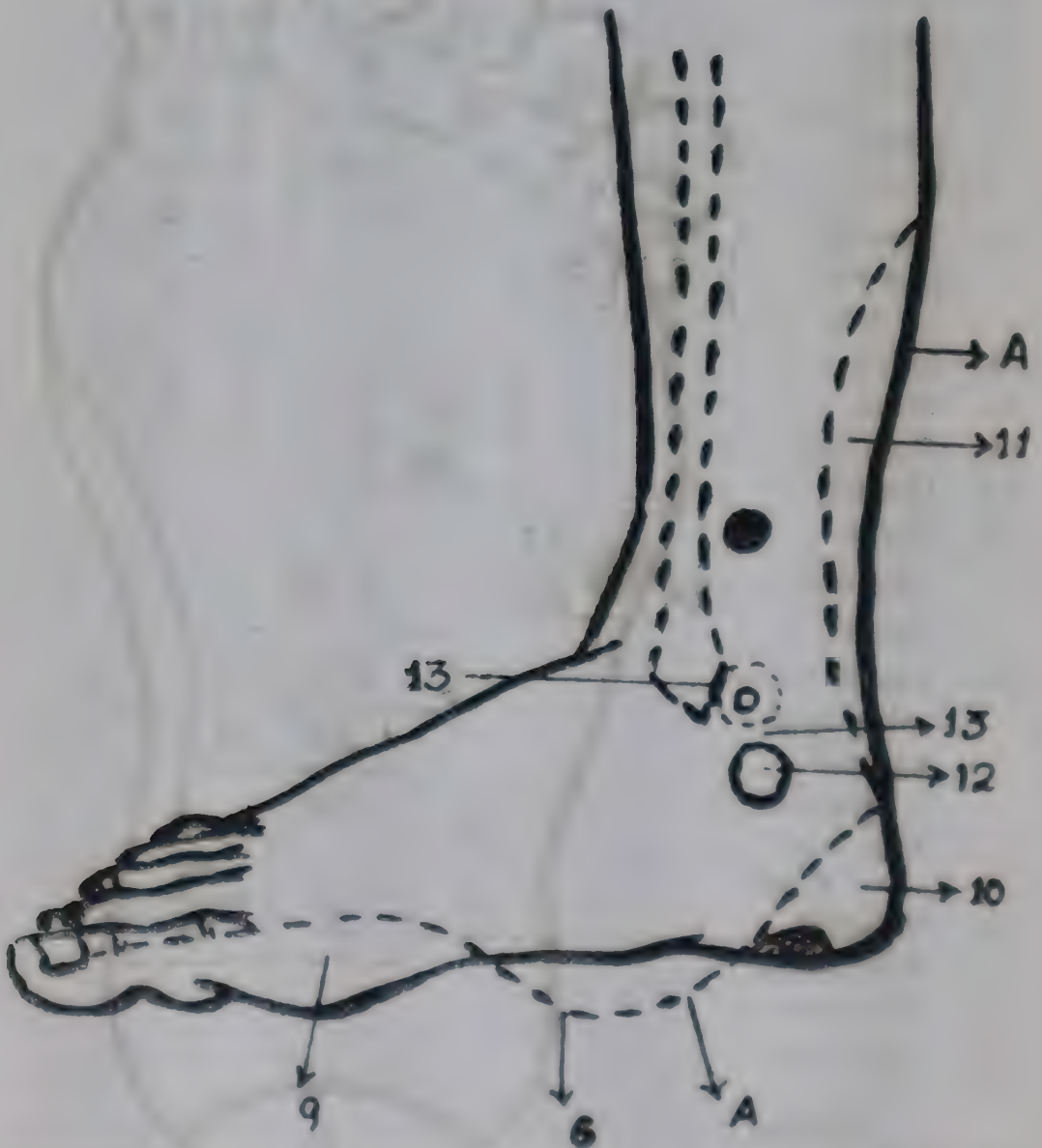
### THE LEG

1. Brain
2. Mental  
Nerves
- \*3. Pituitary
- \*4. Pineal
5. Head  
Nerve
6. Throat
7. Neck
- \*8. Thyroid  
and Para  
thyroid
9. Spine
10. Piles
11. Prostate
12. Uterus
13. Penis
- \*14. Ovaries
- \*15. Testes
- \*16. Lower Lu-  
mber and  
Lymph  
Glands
17. Hip and  
Knee
18. Bladder
19. Intestines
20. Colon
21. Appendix
22. Gall  
Bladder
23. Liver
24. Appendix
- \*25. Pancreas
26. Kidney



- |                  |                     |
|------------------|---------------------|
| 27. Stomach      | 33. Nerves and Ear  |
| 28. Adrenal      | 34. Cold and Nerves |
| 29. Solar Plexus | 35. Eyes            |
| 30. Lungs        | 36. Heart           |
| 31. Ear          | 37. Spleen          |
| 32. Energy       | *38. Thymus         |

A. Sciatica Nerve Lymph Gland



Showing location of different switches and endocrine glands (Esteric\*) in the soles and also different switches located on the under side of the foot.



## **The essentials of finger Accupressure**

### **POSTURE:**

No matter what the subject's posture is--lying down or sitting up--he/she must be relaxed, comfortable, and natural. The practitioner must be able to utilize fully his finger movement and strength.

### **FINGER PRESSURE:**

The degree of pressure varies with the condition and physique of the subject. Generally light pressure is applied on subjects in the following categories:

1. First-time subject
2. When there is acute pain
3. Where there is swelling
4. When the muscles are weak or loose
5. When there are complications such as high blood pressure, severe anemia, or heart trouble.

Hard pressure is applied on subjects who:

1. Have a chronic problem
2. Have no other complications
3. Are not overly tired

### **Manipulation:**

press against the designated point on the skin surface. Massage in a small circular movement, about two or three cycles per second. It is preferable to apply pressure bilaterally. Start with one point at a time, and when you master this technique, you may work bilaterally and simultaneously with your two hands.

### **Period of Treatment:**

This can range from one minute to five minutes for each point per treatment. Treatment can be once a day, whenever you have the problem, or whenever you wish to do it.

**CAUTION:**

**Please keep the following in mind:**

1. Keep the treatment room warm but well ventilated. This will help the subject to be comfortable and prevent him or her from becoming chilled.
2. The practitioner should keep his hands clean and warm and his nails trimmed to prevent injuring the subject or making him or her nervous and tense.
3. Never work on a subject who has a full stomach.
4. The treatment is not to be applied on pregnant women or serious cardiac patients.
5. Avoid working on skin surface where there is contusion, scar, or infection.
6. Stop treatment if the symptom is being aggravated and no relief is observed.

**FORBIDDEN DIET**

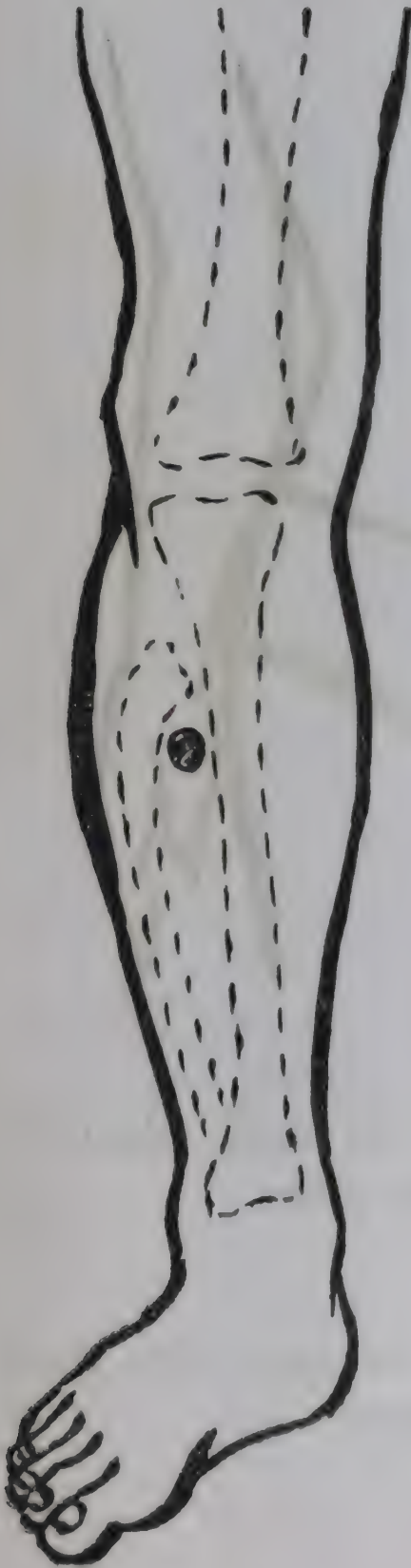
Diet plays an important role in chinese medicine, as some foods have certain counter or, irritating effects on the patient. It is wise, therefore, to avoid the following foods during treatment.

1. Iced food or drink
2. Sour foods, such as vinegar, pickle, lemon, or pineapple.
3. Alcoholic drinks
4. Irritating foods, such as pepper, hot sauce, or spices.
5. Seafood with shells, such as lobster, shrimp or crab.

**Assistance of Accupressure for digestive system:**

Roll the feet on foot roller, each foot for five minutes. That activates all the organs of the digestive system and so is greatly useful after the age of 40. See Picture below:

~~Showing~~ rolling of grooved wooden roller with foot.



### ABDOMINAL PAIN

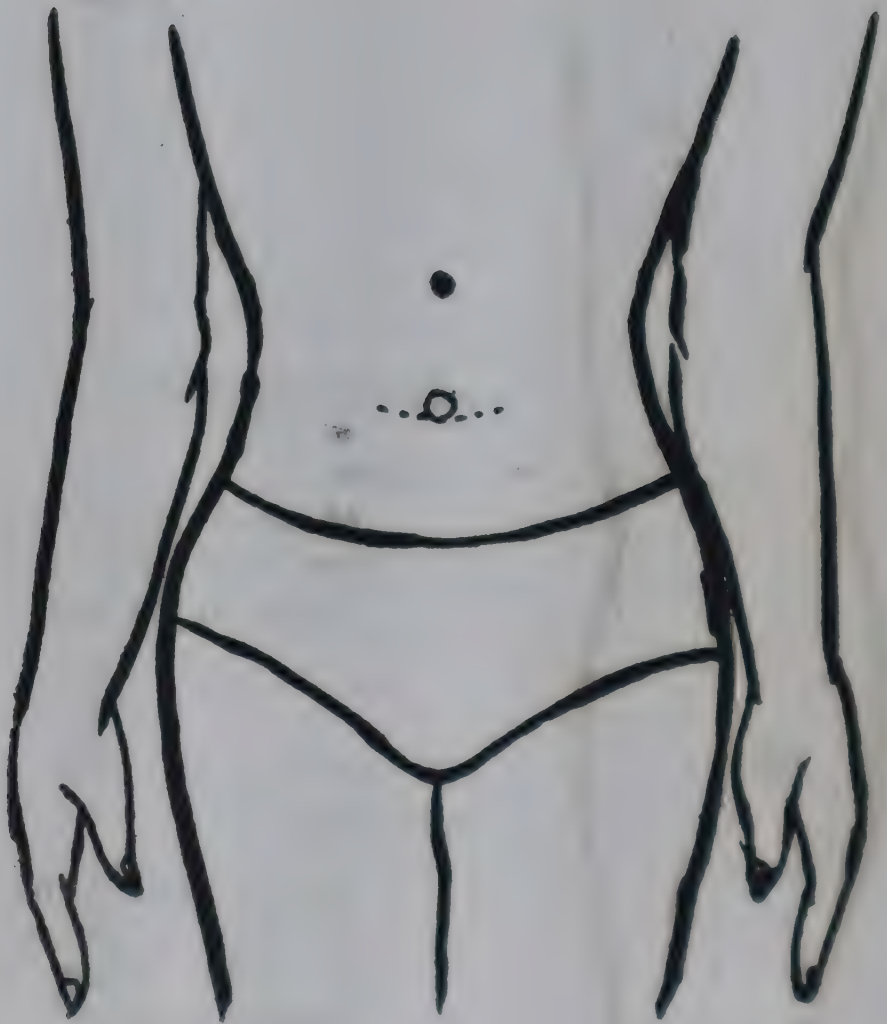
#### Location:

About 3 inches below  
the knee cap. 1 inch  
lateral to the tibia.

#### Technique:

Subject should lie or  
sit down. Use thumb  
to press down, then  
massage upward.





Location: About 4 inches above the navel, along the midline of the abdominal surface.

Technique: Subject should lie or sit down. Use thump or palm to massage inward.

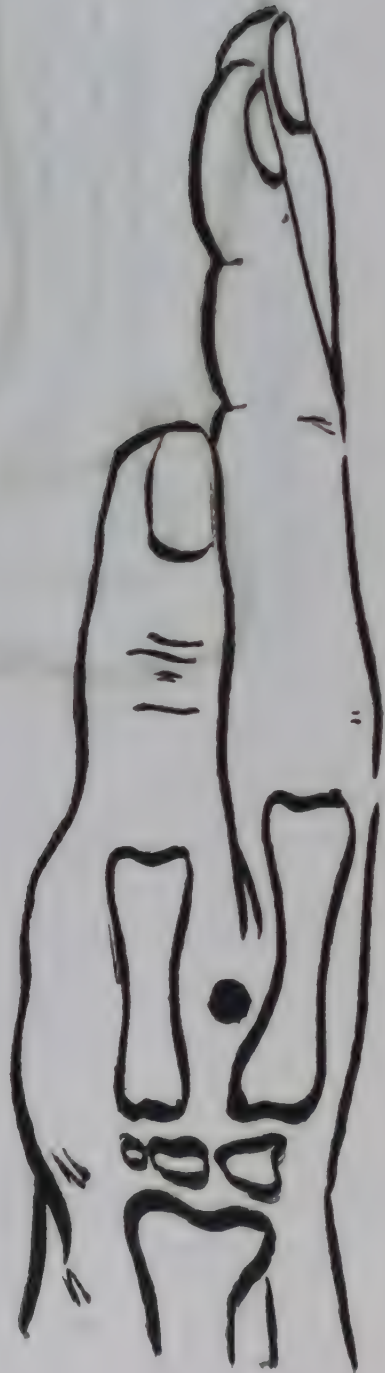
## ANKLE PAIN

### Location:

Over the dorsum of hand, in between the 1st and 2nd metacarpal bones.

### Technique:

Subject should lie or sit down. Use thumb to press against the 2nd metacarpal bone.





Location:

In the depression behind the lateral ankle.

Technique:

Subject should lie or sit down.  
Use thump to press hard.





## ASTHMA

**Location:** In the depression above the suprasternal notch.

**Technique:** Subject should lie or sit down. Use index finger to press inward, then massage downward.

**Location:** About 1 inch lateral to the lower end of the 7th cervical disk.

**Technique:** Subject should sit down and bend the head forward. Use thumb to massage hard toward the disk.

**Location:** About 1.5 inches lateral to the lower end of the 3rd thoracic disk.

**Technique:** Subject should sit down or lie down on the stomach. Use thumb to massage hard toward the disk.

**Location:** About 3 inches lateral to the lower end of the 4th thoracic disk.

**Technique:** Subject should sit down or lie down on the stomach. Use thumb to massage hard.

## BEDWETTING

**Location:** In the centers of the little finger creases.

**Technique:** Subject should lie or sit down. Use thumbnail to press hard. Try point 1 First, if no result, try points and 2.

## CHILDREN'S CONVULSIONS

**Location:** In the center of the ear lobe.

**Technique:** Subject can assume any posture. Take the ear lobe between the thumb and index finger and press.

## COMMON COLD

**Location:** Over the dorsum of the hand, in between the 1st and 2nd metacarpal bones.

**Technique:** Subject should lie or sit down. Use thumb to press against the 2nd metacarpal bone.



**Location:** In between the 7th cervical and the 1st thoracic vertebra.

**Technique:** Subject should sit or lie down on his side. The head should be bend down slightly. Use the tip of the index finger to press and massage.



**Location:** About 1.5 inches lateral to the lower end of the 2nd thoracic vertebra.

**Technique:** Subject should sit or lie down on his side. Use thumb to massage.

### COMMON COLD WITH COUGH

**Location:** In the depression above the suprasternal notch.

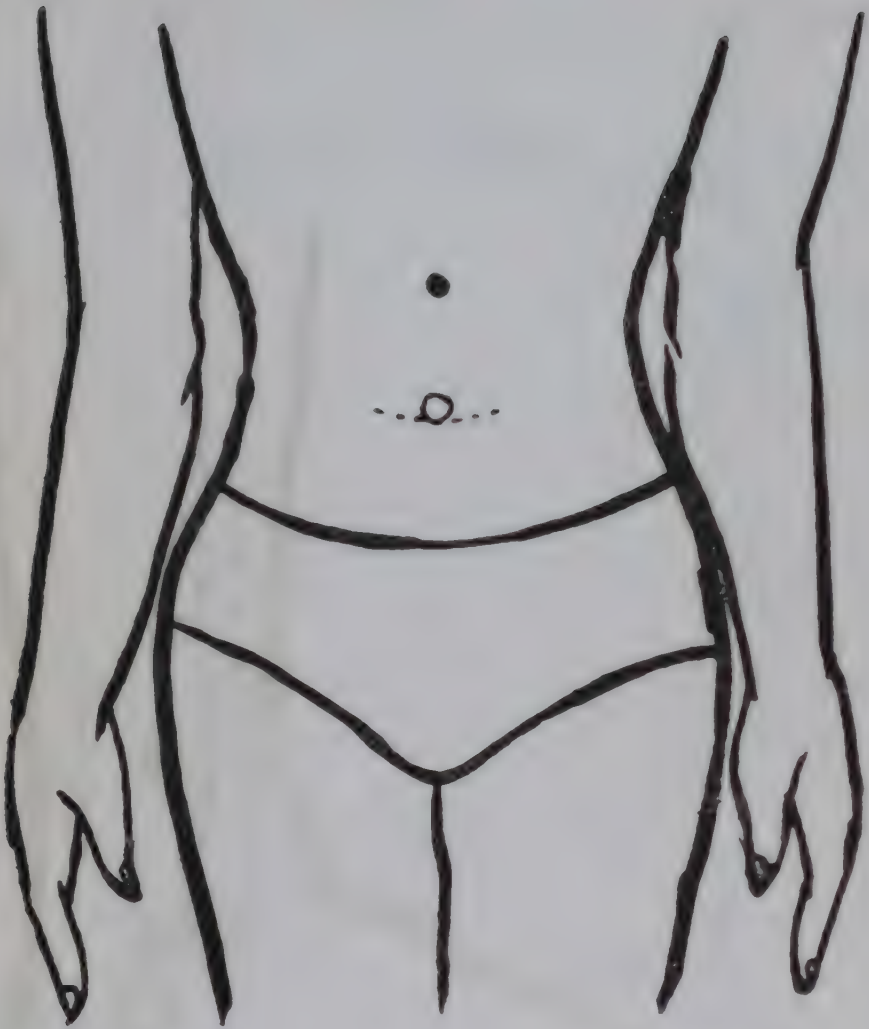
**Technique:** Subject should sit or lie down. Use index finger to press inward, then massage downward.



### COMMON COLD WITH FEVER

**Location:** At the external end of the elbow crease when it's bent at 90°.

**Technique:** Subject should sit or lie down. Use thumb to press hard.



## CONSTIPATION

**Location:** About 4 inches below the navel, along the mid-line of the abdominal surface.

**Technique:** Subject should lie down. Use thumb or palm to press hard.

**Location:** In between the tip of the tailbone and the anus.

**Technique:** Subject should lie down on stomach. Use index finger to press downward, then massage upward.

## DIFFICULT LABOR

Location: About 3 inches above the medial ankle behind the tibia.

Technique: Subject should sit or lie down. Use thumb to press hard.



Location: About 1/10 of an inch behind the lateral corner of the little toe nail.

Technique: Subject should lie down. Use thumbnail to press down.



## DIZZINESS

Location: In between the eyebrows.

Technique: Subject should sit or lie down. Use thumb and index finger to pinch hard.

Location: Over the depression in between the 1st and 2nd metatarsal bones.

Technique: Subject should sit or lie down. Use thumbnail to press hard.

## DROWSINESS

Location: At the tip of tongue.

Technique:

Subject can assume any posture. Use front teeth to bite the tip of the tongue, and swallow the saliva. (This is obviously done by the subject on himself)



## ELBOW PAIN

Location: At the external end of the elbow crease when the elbow is bent at 90°.

Technique: Subject should sit or lie down. Use thumb to press hard.

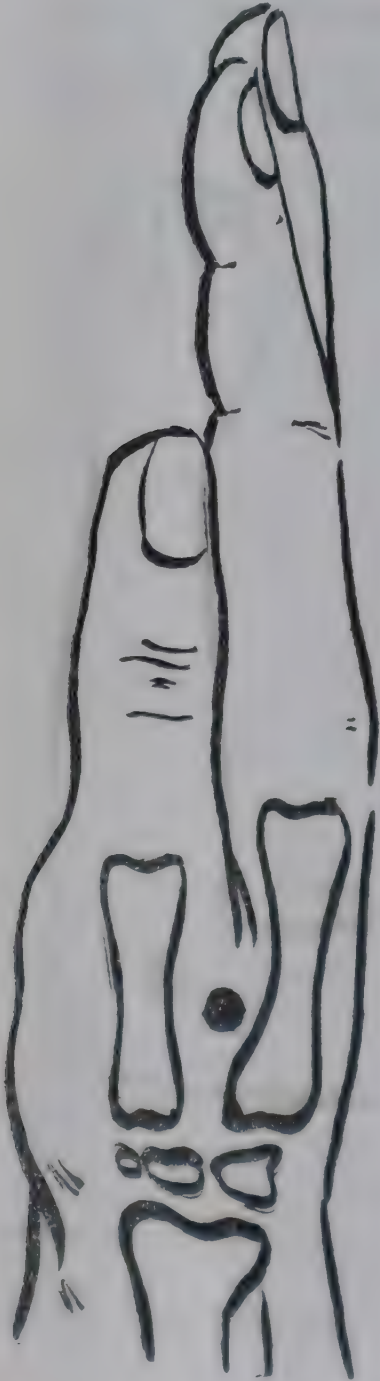
## FAINTING

Location: Just above the middle of philtrum.

Technique: Subject should sit or lie down. Use thumb-nail or index, finger nail to press hard.

Location: At the anterior third of the sole, between the 2nd and 3rd metatarsal bones.

Technique: Subject should lie down. Use thumbnail to press hard.



### HEADACHES (FRONTAL, VERTICAL, OCCIPITAL, AND MIGRAINE)

Location: Over the dorsum of the hand, in between the 1st and 2nd metacarpal bones.

Technique: Subject should sit or lie down. Use thumb to press against the 2nd metacarpal bone.

Location: Below the occipital bone, about 1.5 inches lateral to the midline of the head.

Technique: Subject should sit down and bend the head forward. Use thumb to massage hard.

## HEAT STROKE

Location: Just above the middle of philtrum.

Technique: Subject should sit or lie down. Use thumbnail or index fingernail to press hard.

Location: At the anterior third of the sole, between the 2nd and 3rd metatarsal bones.

Technique: Subject should lie down. Use thumbnail to press hard.

## HICCUGH

Location: On the radial side of the dorsal surface of the phalangeal joint of the middle finger.

Technique: Subject can assume any posture. Use the thumb nail to press hard.

Location: About 1.5 inches lateral to the lower end of the 7th thoracic vertebra.

Technique: Subject should sit or lie down on side. Use thumb to press down hard.

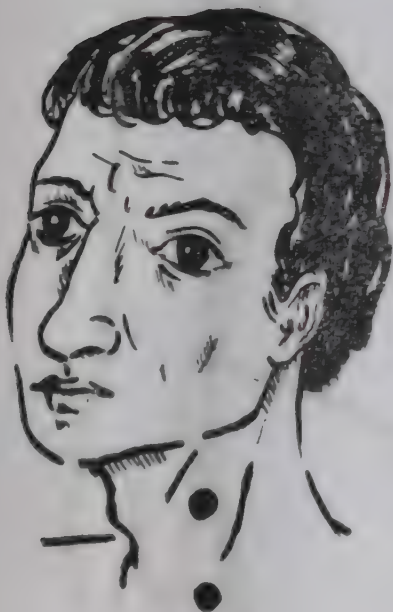
## HYPERTENSION

Location: About 1.5 inches lateral to the Adam's Apple.

Technique: Subject should sit or lie down. Use thumb and index finger to press both points at the same time. Do not exert excess force.

Location: About 2 inches lateral to the lower end of the cervical vertebra.

Technique: Subject should sit or lie down on side. Use thumbs to press and massage both points.





Location: A curved vertical groove on the back of the ear

Technique: Subject can assume any posture. Use finger nail to press down hard.

#### HYSTERIA:

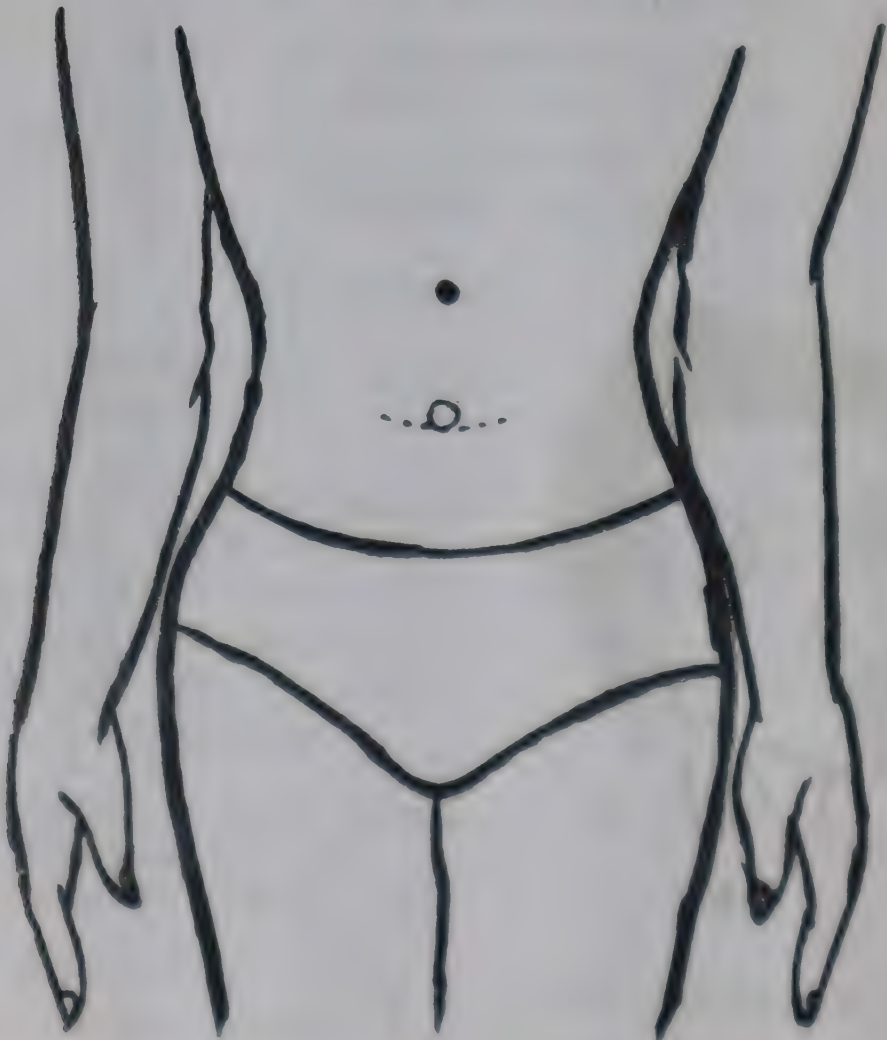
Location: At the center of the bottom crease of the thumb.

Technique: Subject can assume any posture. Use thumb nail to press hard.

#### IMPOTENCE—NO ERECTION

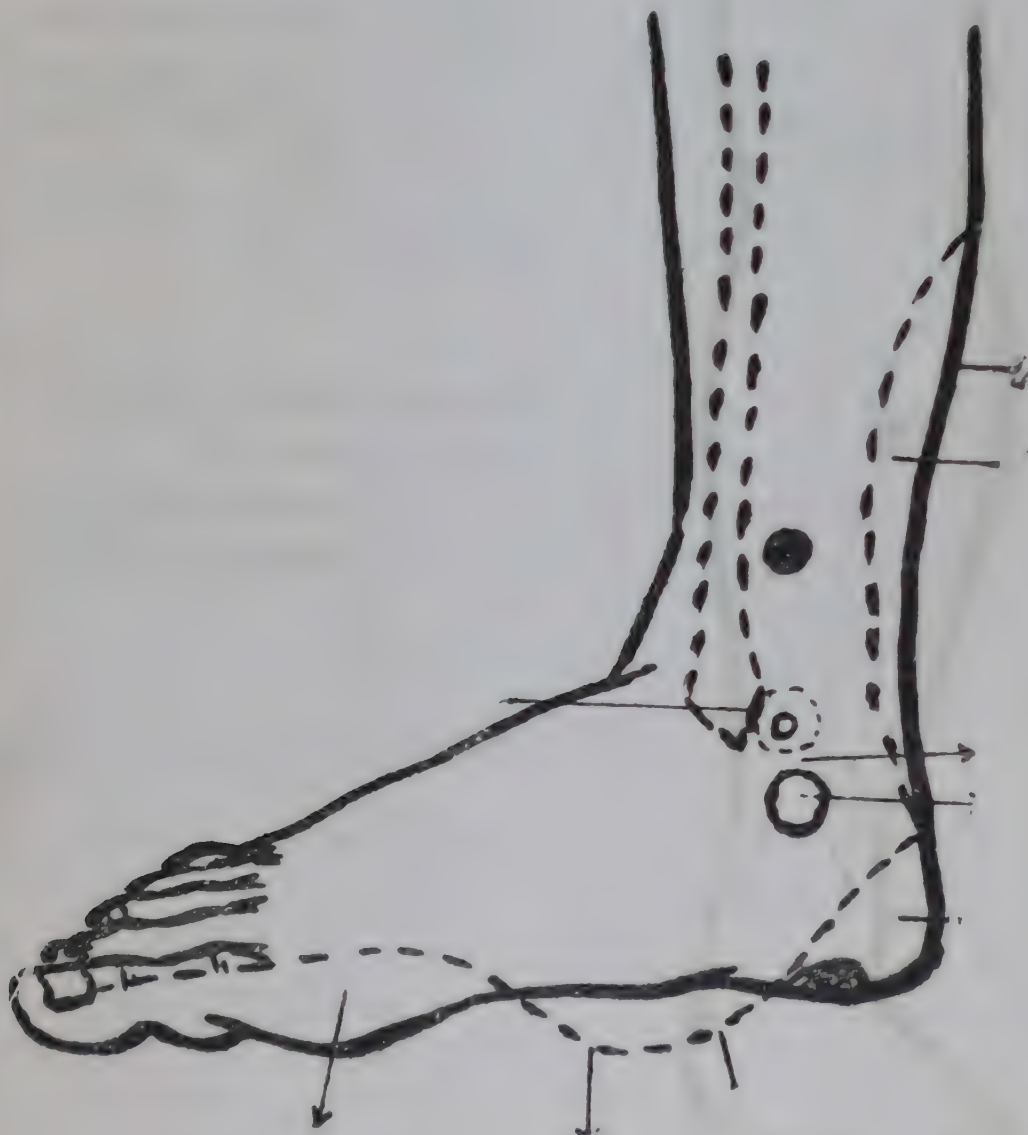
Location: About 3 inches below the navel, along the midline of the abdominal surface.

Technique: Subject should lie down. Use thumb or palm to massage hard.



Location: About 3 inches above the medial ankle, behind the tibia.

Technique: Subject should lie down. Use thumb to press hard.





Location: About 3 inches below the knee-cap, 1 inch lateral to the tibia.

Technique: Subject should lie down. Use thumb to press down, then massage upward.



**Location:** About 1.5 inches lateral to the lower end of the 2nd lumbar disk.

**Technique:** Subject should lie down on stomach. Use thumb to press hard toward spine.

## INSOMNIA

**Location:** About 1 inch behind the lobuc of the ear.

**Technique:** Subject should sit or lie down. Use index finger to press hard. (If this point does not work see next)

**Location:** Along the most distal skin crease of the wrist on the ulnar side, medial to the tenuon.

**Technique:** Subject should sit or lie down Use thumb nail to press hard.

## Laxatives:

Laxatives are not necessary. Give pressure or rub, on the middle of the chin for 3 to 6 minutes in the morning or while in W.C. to ensure cleaning of bowels and thus avoid constipation which is the mother of many diseases.

In case of piles, fissures etc. this treatment is a must.

## Methods For Painless Child-Birth:

Roll the pulley vigorously on the back of the two arms (from nails to elbow) for 15/20 minutes. This pulley is made out of a grooved wooden roller. If this pulley is not available, rolling can be done with grooved wooden rollers. Otherwise, the back of the 2 palms and soles can be rubbed continuously with two metal combs from nails to wrists. Continue this rubbing for 5/8 minutes. There is no cause for worry even if the back of palms and soles become blood-red. If necessary, vaseline can be applied on the affected parts.

## FUNCTIONS AND EFFECTS OF MALFUNCTIONING OF ENDOCRINE GLANDS

|  |   |  |   |   |  |
|--|---|--|---|---|--|
| <b>Thymus Gland</b><br>protects child up to the age of 15.   | <b>( Point No. 38 )</b><br>Child gets sick. In case this gland becomes active later on it brings dullness.  | <b>Pineal Gland</b><br>Controls sex system and water of body and is a primitive eye.   | <b>(Point No. 4)</b><br>Premature sex development.  | <b>Pituitary Gland</b><br>It is the king of glands and controls the brain and the development of body.  | <b>(Point No.3)</b><br>Body becomes dwarf or bulging mental retardation, child becomes bully, disobedient, liar. |
| <b>Thyroid - Para - Thyroid Glands</b><br>(Point No. 8)      | Parathyroid controls supply of calcium & phosphorus in body. Also controls the development of body.   | Less working leads to rickets, convulsion, teeth problems twisting of muscles, fatness and dullness. Over working leads to over growth, bulging of eyes, Adam's apple etc. | <b>Adrenal Gland (Point No. 28)</b><br>Controls production of biles and controls liver and flow of blood i.e. B.P. and also moulds character. | Underworking leads to dullness, timidity less energy, less Oxygenation. Over working leads to high B.P. more biles leading to acidity and vomiting and severe headache. | <b>Lymph Gland</b><br>(Point No. 16)<br>Stops formation of pus and prevents germs.                               |
| <b>Ovaries, Testes &amp; Sex Glands</b> (Point No. 11 to 15) | Reproductive organs are damaged problems of less or more menses, self-abuse, loss of heat leading to development of fat, less attractiveness of body, less more sex desire. | Controls heat of body, attractiveness and productive side of life.   | <b>Pancreas</b> (Point No. 25)<br>Controls digestion of sugar in the body.  | Less working leads to diabetes and overworking leads to low B.P; dizziness and even leads to Alcoholism through Hypoglycemia i.e. shortage of sugar.                    |  |



After wards ask the expectant mother to hold these combs between tips of the fingers and upper part of the palms joining the fingers as shown in picture 11 and ask her to give a steady pressure with fingers and thumbs on the comb for two minutes, and leave it for 2 minutes, and continue this. If otherwise normal, the child will be born within 20 to 30 minutes and afterwards the mother will also not feel tired.

A lady social worker of Madras informs that the daughter of her relative took this type of treatment and within 25 minutes got a baby without pain.

Only after 7/9 months, at the time of teething, care should be taken to supplement the diet with calcium. If it is not possible to give bananas and more milk, the child may be given Calceria Phos. 12x5 to 8 globules twice a day.

And once the child is on his feet let him run, walk as much as he can. That will solve the problem of digestion.

We must not forget, the children are very close to Nature and the same principles of agriculture - of good seed, enough manure, water and light to ensure full progress, equilly apply to children's growth. They require proper food and diet, mother's loving care and play which includes sunshine and rest.

Mrs. 'L' reports that her three months old grandson had complaints of vomitting milk and retarded progress, and often cried. With regular massage on the soles the child is growing happily without giving any trouble.

### **Care of children from the age of 1 day to 14 years:**

Give regular treatment of this therapy to the mother to ensure good health and freedom from diseases throughout pregnancy. Also see that Calcium is taken substantially in the natural form of milk and banana all throughout



the pregnancy because the gums in the mouth and bones in the body start forming from the sixth week. And if proper calcium is taken by the mother, the child will not have any problem of teeth and bone development later on.

After the baby is born, he should be breast-fed at least for 9 to 12 months and during that time the mother should take care of her diet, take proper nourishing food. If nothing else is possible take hot meals twice a day. For giving outside milk (preferably goat's or camel's milk) please add a little water and ginger at the time of boiling and give only lukewarm milk.

Please note that by using soap in excess you are harming the tender skin of the baby. Anyway, the use of soap will not make the skin any fairer.

**SLEEP:** This is most vital to children of every age especially upto 12 months. If the child gets proper sleep along with enough (not over) nourishment, half the battle against disease is won.

**TREATMENT:** It is most vital and important that treatment of this therapy is given daily for 3 to 4 minutes on each palm and/or on both the soles. That will definitely prevent the possibility of any disease, ensure the progress of the children in Body, Mind and character.

After the child has completed 5 years, 4 to 5 minutes' treatment on each palm should be given daily and he should be taught to continue the same for life.

While giving this treatment, the child will immediately show the hurt if there is any pain due to pressure on any point. That gives a clue to the disease, which can be easily cured by this treatment.

## **DISEASES OF FEMALES**

A woman is different from man as regards sex and temperament. moreover, Nature has given her an added

responsibility to be a mother. She requires special attention not only to maintain good health but also to remain calm and in a happy mood. She also needs more education on child care and household duties. She is capable of handling all these responsibilities properly. A happy healthy woman is a great asset to any Nation. It would greatly benefit women to learn about this health Science. To protect the delicate nervous system of women and prevent them from becoming unnecessary victims of nervous tension and breakdown, hysterical timidity, frigidity etc, regular application of this therapy will do them a great amount of good. At least they should daily practise the treatment shown for nervous tension and on all the endocrine glands.

### **Problems of Menses**

When they have problems of menstruation namely early irregular or painful menstruation, scanty or profuse bleeding or backache before, during or after menses etc. treatment on points No.11 to 15 plus all endocrine glands will show amazing results. Such treatment can be taken by massaging these points on the back of palms towards the fingers.

Continue this treatment and within 2 to 3 months menstruation will be regular and all problems connected with it will be solved.

Dr. 'K' reports that Miss 'T' had the problem of less and painful menstruation while Mrs. 'Y' had excess bleeding. In both cases treatment was given on points No.11 to 15 and the patients were cured effectively. There were no complaints afterwards. Several similar cases have been treated successfully.

**PROFUSE BLEEDING:** In such cases rubber bands may be applied on the end of both the big toes for 3/5 minutes.

Even in the case of Leucorrhoea etc. the same treatment will be useful: Further, treatment on these points will save them from timidity and also from frigidity.



Before planning for children, it is essential for the couple to have this treatment at least 3 to 4 months before conceiving the child to prevent any hereditary diseases. For those couples not getting children this treatment given for 4 to 6 months greatly enhances the chances of conceiving.

And after the child is conceived, it is most necessary to take this treatment regularly to prevent miscarriage and to reduce the possibility of any diseases. This will ensure proper growth of the coming child.

At the time of childbirth, after the mother is admitted to the labour ward, the treatment shown earlier will ensure painless delivery within 20 to 30 minutes.

### **Difficult labour:**

Press hard on inner side above the ankle as shown here for 2 minutes and then pause and press again this way till the child is born.

**Pain in Breasts:** After the birth of the child, if owing to any reason it is not fed on breast milk, there could be accumulation of milk, causing very severe pain in the breasts. For curing that within a short time, treatment is to be given on the middle portion of the back of both the palms as shown here. The result is as astounding.

### **Obesity after Delivery**

After the delivery of the baby or operation for sterilization there is a great possibility of increasing of fat (obesity) on the body because sex glands are disturbed. Treatment on points No. 11 to 15 plus all the endocrine glands is to be taken. Such a regular treatment will ensure maintaining of good physique, good nature, proper production for milk for the baby and mental calmness to face the added responsibility.



### **Menopause:**

For ladies over 40 years, this problem can start especially for those who are less active, and rather more sentimental and care more for the family.

With regular treatment on all points especially No.11 to 15 and all endocrine glands and treatment for nervous tension, this problem can be won over easily. Even the period of menses will be prolonged. There will be more interest and joy in married life and the diseases connected with this period will be easily overcome. After the age of 40, all the ladies should make this treatment a daily routine.

### **Leucorrhoea:**

Mrs. 'Y' suffering from leucorrhoea for the past seven years tried many medicines without success. Only after 3 sittings of accupressure, 70% of her complaints had gone. After 20 days of treatment she was free from the dreaded disease.

**ANAEMIA:** This is very common in ladies. Treatment on point No .37

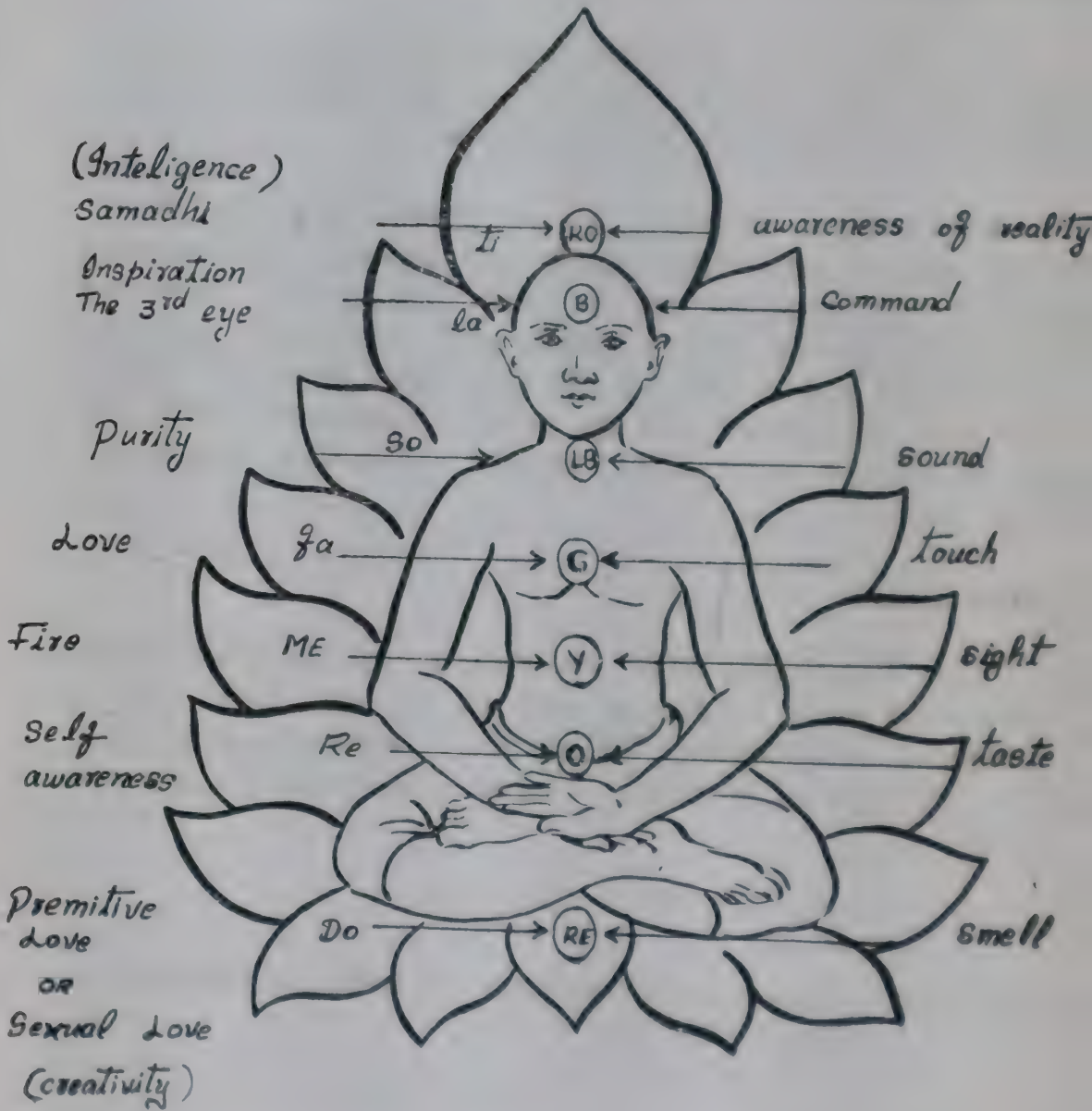
### **Falling of hairs:**

This is a great problem especially with women. In such cases they should rub the nails of eight fingers against each other for 10 to 15 minutes daily. See picture 12. For better results, it is advised that rubbing of nails may be done five minutes before retiring and five minutes in the morning.

### **Delaying-Grey Hair:**

Even when the first grey hair is seen start this rubbing of the nails. Hair will remain black for a longer period.

# CHAKRAS FOR HEALING !



- Ro — Rose
- B — Blue
- LB — Light Blue
- G — Green
- Y — Yellow
- O — Orange
- R — Red

## CHAKRA OPENING TO GOD'S POWER OF HEALING

Sit or lie comfortably with your spine straight, breath deeply and let air cleanse you and open all your spiritual centres. See a light shining down on you from God. See the light as being a brilliant white, flecked with gold.

1. Let this light stream down into you through your crown chakra, Sahasrara, at the top of your head. As it fills your crown chakra, see the color of rose focus in your Pineal Gland and become infused with a brilliant rose, from Pineal Gland to the Crown Chakra and all your head. While you are absorbing the light, offer a prayer that you will be freed from all negativities, and that you will use the light of Enlightenment for the benefit of yourself, others, and the world. Your Crown Chakra connects you to your Father in heaven, ask Him for awareness of all reality, for spiritual silence, for Mystical Union. The energy of this centre transcends time, space, and death. Open yourself to the energy of fullest Being, fullest light, fullest consciousness!. This is your Wisdom Centre: Intelligence.

2. Now focus on your Brow Centre, Ajina Chakra, located at your forehead, between your eyes. This is your third eye, or spiritual eye, which connects you to Jesus Christ. See this spiritual energy centre surrounded by an aura of dark blue see it filling your Pituitary Gland and then fill your entire head. Offer a prayer for spiritual awakening. This is your Inspiration or Intuition Centre. Ask God to see all the world through His eyes. Open yourself to receive a discriminating mind. Take in the energy of the Son, it is the energy connected to awareness, we receive the Power of knowing and hearing the voice of God.

3. Concentrate next on your throat centre, Vishudha Chakra, where the Thyroid and Parathyroid glands are located, let these glands become infused with a brilliant light blue light which fills your head to your throat. This centre



connects you to the Holy Spirit. Your Will Power resides here open this centre to receive spiritual energy to choose wisely and effectively. This centre forms the base of the top chakras, the Trinity, or your Heaven. It connects your heaven three to your earth the four lower chakras. Ask in prayer that the will of God, not your own, be done. This centre sharpens your mental faculties to decide. Pray for the strength to carry out what you decide.

4. Now concentrate on your Heart Centre, Anahata Chakra, and see your Thymus Gland just behind and above the heart, surrounded with a gentle green light. Ask in prayer that you be motivated always by love for others and that you work always for the good of the universe. Here is where Christ wishes to dwell, in the cave of your heart, open your heart to accept. His unifying gift love. His energy gift to you is a compassionate love that excludes no one, not even your enemies.

5. Now move to your 5th centre, Manipura Chakra, and concentrate on your Adrenal Glands, which are above the navel and below the ribcage. This is also called your solar plexus centre, and Courage Centre. See it suffused in a yellow light, and pray that your emotions be purged by this light so that you will want only good for yourself and your world, and will be able to operate always with a positive attitude. Ask for the courage to carry on despite failure, sin, despair or fear. Open yourself to the courage to forgive-God, yourself and others, for the debts you owe and the good you fail to do. Let the energy of reconciliation fill you so that you can live out your ministry of reconciliation for the sins of commission and omission.

6. Now move to your 6th Chakra, Swadistana Chakra, or spleen centre concentrate on your pancreas gland, and see it as being bathed in an Orange color. Never give in to being less than you were meant to be. Ask for the grace to live up to the great calling of being God's child.



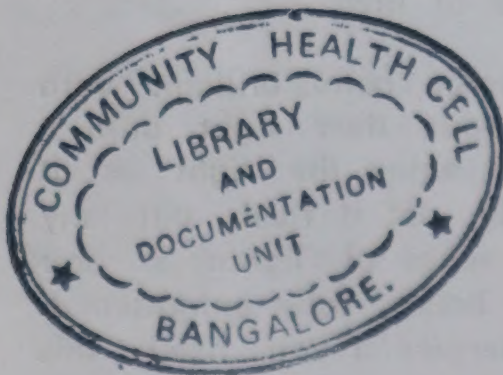
the call to transcendence, to overcome overwhelming odds. Pray that your Spirit and Body will be refined by the light, so that you may continue your work in the world for good and positive purposes and that your body may be healthy so you can do what is required of you. This spiritual centre gives the energy of self awareness, self-affirmation, I am-ness. Ask for the power to love yourself unconditionally and to follow your vocation whole heartedly. This centre is called the birth of the soul.

7. Now turn your attention to the 7th or Root Centre at the base of the spine, Muladhra Chakra, see your gonad glands, your sexual organs, fill with a dark red color. See an aura of red surround this spiritual energy centre. This chakra gives creative power, pray that it be transformed into pure spiritual energy. Ask that your life force be so illuminated that you may use it for creative efforts that will enhance your own life and assist in enlightening the world. The material passions reside here, constructive and destructive, life and death. Open yourself to use the world in tender loving ways. Ask God for the energy to shape the earth with care and love. Be a bearer of life, giving spiritual birth to all you meet-the life of love.

Now see all your spiritual energy centres brilliant with their own light, and spraying out their light until it fills your entire body. Relax and enjoy the light as it circulates throughout your body, let it flush out any impurities and fill you with a sense of lightness and the knowledge that comes from being truly enlightened. Open yourself to receive the energies as you need this day. Now see the spray of colors from each chakra spill out and around your body forming a rainbow of colors circling around you with great beauty. See this rainbow as your seal on your covenant with God to always choose His standard of Good. Let yourself feel the love, peace, understanding, and joy and now send them out to every person in this room. Thank God for your new found abilities. And remember your protecting aura of colors around you as you spend this day-and every day-safe in His love.



|               |              |                       |            |              |
|---------------|--------------|-----------------------|------------|--------------|
| 1. Sahasrara  | Crown        | Pineal Gland          | Rose       | Intelligence |
| 2. Ajina      | Third Eye    | Pituitary             | Dark Blue  | Inspiration  |
| 3. Vishudha   | Throat       | Thyroid & Parathyroid | Light Blue | Will Power   |
| 4. Anahata    | Heart        | Thymus                | Green      | Love         |
| 5. Manipura   | Solar Plexus | Adrenals              | Yellow     | Courage      |
| 6. Swadistana | Spleen       | Pancreas              | Orange     | Self-aware   |
| 7. Muladhra   | Root         | Donad                 | Red        | Creative     |





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# ALTERNATIVE MEDICINES

